



How to Film Your Dog's Movement

The shots to get, how to get them right, and footage that stays useful over time

PETSLIKEMINE
ARTHRITIS & MSK SPACE

| DOG'S NAME | DATE STARTED | USUAL FILMING SPOT |
|------------|--------------|--------------------|
| _____ | _____ | _____ |

A few seconds of video can show what a clinic visit hides. Pain often eases in the excitement of the appointment, and changes that creep in over months are invisible day to day. **Filmed well, at home, on a normal day, a clip captures what's really happening.**

WHY IT'S WORTH DOING WELL

Good footage works three ways: your vet can see the movement you're describing, you can compare one month against the last with your own eye, and it can be **analysed objectively to measure how your dog moves**. Poor footage helps with none of them, which is why the few simple habits below are worth the effort.

The shots to get

- 1 Walking away.** From behind, as your dog walks in a straight line away from you. Shows the back legs and hips.
- 2 Walking towards.** Head-on, as your dog walks straight towards you. Shows the front legs and how weight is carried.
- 3 Side-on.** Have someone lead the dog past you. Shows the whole stride and the line of the back.
- 4 Rising from rest.** Catch the moment they get up from lying down. Stiffness shows most in the first few steps.
- 5 Everyday challenges.** Stairs, the step into the garden, jumping into the car. The movements that matter in real life.

Get it right

DO

- ✓ Hold the phone landscape, turned sideways.
- ✓ Keep the whole dog in frame, nose to tail.
- ✓ Film at your dog's level — crouch down.
- ✓ Choose good, even light.
- ✓ Keep the lead loose; let them move naturally.

AVOID

- ✗ Don't zoom in — move closer instead.
- ✗ Don't crop out the legs or feet.
- ✗ Don't film straight after excited play or a greeting.

THE ONE THING PEOPLE GET WRONG

Film on the same flat, even, non-slip surface every time.

A hard floor or a level path, not grass, gravel, or a slope. On a slippery floor a dog changes how it moves, which hides the very thing you're trying to see. And a consistent surface is what lets you, and any analysis, compare like with like from one month to the next.

Make the footage count

Date every clip. Say the date aloud as you start, or check your phone is saving it.

Film on a schedule. The same way, same spot, every few weeks. Comparison is the whole point.

Keep it in one place. A single album, so nothing gets lost in the camera roll.

Put it to use. Footage like this is what your vet reads, and what PAWSCHECK (our gait-analysis tool) can analyse to measure how your dog moves over time.

How to use. Keep this where you'll see it before a walk. You don't need every shot every time — even one good clip a month builds a picture. Film on a normal day, not an especially good or bad one. The aim isn't a perfect video, it's an honest, comparable one.

**THE CAMERA SEES
WHAT THE DAY HIDES.**