



FELINE ARTHRITIS CHECKLIST

A Guide by Neville's Helping Paw

Cats are masters at hiding pain. Unlike dogs, they rarely limp. Instead, look for subtle changes in their lifestyle and personality.

Mobility & Activity

- | | |
|--|--|
| <input type="checkbox"/> Hesitation to jump up or down | <input type="checkbox"/> Difficulty getting through the cat flap |
| <input type="checkbox"/> Taking 'smaller' jumps to reach a goal | <input type="checkbox"/> Reluctance to chase toys or run |
| <input type="checkbox"/> Using stairs more slowly or one at a time | <input type="checkbox"/> Stiffness after sleeping |

Grooming & Physical Appearance

- Unkempt Coat:** Matted fur or 'scruffy' appearance (difficulty reaching back/tail).
- Over-grooming:** Constant licking of a specific joint (trying to soothe pain).
- Long Claws:** Overgrown or thick claws due to reduced activity/scratching.

Behaviour & Temperament

- Increased irritability or aggression when being petted or picked up.
- Withdrawing and spending more time hiding/sleeping.
- Litter tray 'accidents' (difficulty stepping into a high-sided tray).

Registered Veterinary Nurse Support: If you've ticked more than two boxes, your cat may be in pain. I can provide a home assessment to discuss environmental tweaks, weight management, and ways to make your senior cat more comfortable.