

Senior Pet Mobility Checklist

How many of these have you noticed in the last 3-6 months?

- ☐ Slower getting up after resting
- ☐ Hesitates before jumping onto furniture or into the car
- ☐ No longer uses stairs confidently, hesitates
- ☐ Slips or loses footing on hard floors
- ☐ Walks slower than they used to
- ☐ Tires more quickly on walks
- ☐ Doesn't want to walk as far as before, or roam as far for cats
- ☐ Stiff after exercise or first thing in the morning
- ☐ Limping, even occasionally
- ☐ Difficulty sitting or lying down comfortably, cannot lower down slowly
- ☐ Struggles to squat to toilet and boys may squat to urinate instead
- ☐ Seems less interested in playing
- ☐ Doesn't greet you at the door like they used to
- ☐ Licks, chews, or focuses on certain joints - you may see pink coloured fur in the area
- ☐ Has noticeable muscle loss in the back legs
- ☐ Finds it difficult to turn, circle, or change direction
- ☐ Has become grumpy or less happy to be touched, groomed, or picked up
- ☐ Has stopped doing activities they used to enjoy

Your Score

0-3 boxes checked:

Your pet is showing few signs of mobility decline, but regular monitoring is important.

4-6 boxes checked:

Your pet may be experiencing discomfort, weakness, or early mobility changes that deserve attention.

7+ boxes checked:

Your pet is likely experiencing significant mobility challenges that are affecting their quality of life.

Remember: Slowing down is often blamed on age, but many mobility changes are linked to pain, muscle loss, weakness, and joint restrictions. These can be addressed with targeted exercise plans, physiotherapy treatment and lifestyle support.

You don't have to navigate these changes alone. Let us support and guide you every step of the way, with both online and in-person options available. Book your assessment today and give your pet the opportunity to thrive in their senior years.

Ready to take the next step? Book your assessment here:

<https://rechargeveterinaryphysiotherapy.co.uk/book-your-assessment>

Learn more about our services:

<https://rechargeveterinaryphysiotherapy.co.uk>