



Is your dog in pain?

Owners guide to assessing for signs of pain

Canine massage helps your dog move, feel and live better.

5 Principles of Pain

1. GAIT

Dynamic Movement – the way your dog moves.

2. POSTURE

The position which the body is held when sitting, standing or lying. Posture is a window into your dog's comfort.

3. ADL's (Activities of Daily Living)

Routine activities your dog does every day without a struggle.

4. BEHAVIOUR

Pain based behaviour patterns. Your dog's way of saying something is wrong.

5. PERFORMANCE

The manner in which sport performance is measured. For working, sports or active pet dogs.

Learn more about Canine Massage or book a session to help improve you and your dog's wellbeing because we all feel good when our dog feels good!

Contact

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How to Read the Signs.

Is your dog telling you something?

At K9 Care & Repair Massage Therapy, I believe in treating the whole dog, not just the symptoms. Dogs can't tell us where it hurts, but their bodies speak volumes—if we know what to look for.

GAIT

Is your dog limping, bunny hopping, or just not as smooth on the move as usual? Gait changes are often one of the first signs something's not quite right. Whether it's stiffness, muscle tightness, or joint discomfort, these subtle shifts can lead to long-term issues if left unchecked.

POSTURE

Posture is a window into your dog's comfort. Is your dog arching their back, shifting weight to one side, or reluctant to sit or lie down normally? These clues may indicate pain or compensation patterns.

ADL's – Activities of Daily Living

Has your dog stopped jumping onto the sofa or into the car? Are they slower to rise, hesitant on stairs, or avoiding playtime? These changes in their daily routine are often mistaken for "just getting older"—but they could be signs of discomfort.

BEHAVIOUR

Changes in mood, irritability, licking at limbs, or withdrawing from affection could all be pain-related. Dogs may not cry out—but they do communicate in their own way.

PERFORMANCE

Whether your dog competes in agility, works as a service animal, or simply loves a good game of fetch, performance can be impacted by even minor aches. Watch for slower speeds, missed cues, or reluctance to engage.

Canine massage is a gentle, non-invasive way to reduce pain, restore movement, and support your dog's well-being at every stage of life.