

Helping Cats with Arthritis or Other Mobility Issues

If you suspect that your cat has arthritis or another condition that is making it uncomfortable for your cat to get around, there are lots of things you can do to improve your cat's wellbeing. Here are some suggestions for getting started.

- Consult your veterinarian about supplements or medication.

A few options to ask about are Cosequin (over-the-counter), Adequan (injectable, by prescription), and the newer monoclonal antibody therapy Solensia. There are other possibilities as well. Your vet can help.

- Set up “stairs” in your home to let your cat reach higher, favorite places more easily.

You can use items you have around your home to create stairs (make sure they're stable and not slippery) or you can purchase pet stairs. Consider adding non-stick pads to surfaces your cat likes to jump up on as well.

- Make sure your cat has a litter box with at least one low side for easy entry.

Offer a box that's large enough for your cat to get into and turn around in easily. Ideally, place a box near at least one area where your cat spends a lot of time so that your cat can get to it easily.

- Make sure water is easily accessible to your cat at all times.

Hydration helps arthritic cats just as it does people.

- Give your cat comfortable, soft places to rest in both during the day and overnight.

Cushioned round beds are popular with many cats. Some cats also enjoy heated pads to sit on – ONLY use pads designed specifically for pets so that they don't get too hot.