

OLDER DOGS HIDE PAIN

Senior Dog Pain Checklist

Many older dogs don't cry when they hurt. They get quieter, move less, and stop doing little things they used to love. This checklist helps you notice those changes, so your dog doesn't have to hurt quietly.

One important note: never give human pain medicine like ibuprofen, naproxen, or acetaminophen (Tylenol) unless your vet tells you to. Some can be dangerous for dogs, even in small amounts.

● Moving & getting up

- ☐ Slow or stiff getting up, especially after rest
- ☐ Limping, or favoring one leg
- ☐ Lagging behind or stopping on walks
- ☐ Reluctant to move much at all

● Stairs & jumping

- ☐ Avoiding stairs, or taking them slowly
- ☐ Can't jump on the couch or into the car
- ☐ Hesitating at steps or curbs
- ☐ Needing a boost they didn't need before

● Rest & sleep

- ☐ Trouble getting comfortable
- ☐ Pacing or restless at night
- ☐ Sleeping much more, or much less
- ☐ Groaning or shifting a lot when lying down

● Grooming & licking

- ☐ Licking the same joint, paw, or spot
- ☐ Less self-grooming, coat looks rough
- ☐ Flinching when brushed or touched there
- ☐ Guarding a part of the body

● Eating & mouth

- ☐ Eating less, or much more slowly
- ☐ Dropping food, or chewing on one side
- ☐ Bad breath, or drooling
- ☐ Pawing at the mouth

● Mood & behavior

- ☐ Grumpy or snappy when touched
- ☐ Hiding, or suddenly extra clingy
- ☐ Less interest in play, people, or walks
- ☐ Trembling or panting while resting

This printable helps you notice patterns and write them down. It can't diagnose or treat your dog. Trust your gut: if signs are sudden, severe, getting worse, or your dog seems very unwell, call your vet or an emergency clinic right away.

BEFORE YOU CALL

Notes for your vet

If something seems off, a few clear notes help your vet far more than trying to remember on the phone. Fill in what you can.

⚠ CALL YOUR VET OR AN EMERGENCY CLINIC RIGHT AWAY IF

- Sudden severe pain, or crying out
- A hard, swollen, or bloated belly
- Sudden weakness, collapse, or a seizure
- Can't stand or put weight on a leg
- A marked drop in drinking or eating, especially with weakness, vomiting, or other pain signs
- Pain after a fall, a car, or an injury

What did you notice, and when did it start?

GETTING UP / STIFFNESS

STAIRS & JUMPING

LIMPING (WHICH LEG?)

APPETITE (LAST 24H)

SLEEP & REST

MOOD WHEN TOUCHED

Questions I want to ask the vet**Want a 30-day comfort plan for your older dog?****See the Senior Dog Comfort Plan - \$17**

This printable keeps notes. It does not replace a vet. If your dog seems very sick, call your vet or an emergency clinic.