



VRSVA

10 Signs of Pain in your Dog or Horse

Do you know signs of pain in your dog or horse? It's important to be able to detect when they are in pain. First, you need to know when something is wrong so you can address it. Second, you can prevent an overuse injury by noticing pain in the early stages. Third, you can assess whether your pain management plan is working.

Animals can be very good at hiding their pain. Though this may help them in the wild, it's not so helpful for owners trying to keep our animals happy and healthy! These signs will vary from individual to individual.

Common Signs of Pain in Dogs

1. Unsettled, restless, easily distracted
2. Whimpering, crying, growling, biting
3. Reluctant to interact
4. Licking or chewing painful area
5. Limping or holding up leg
6. "Funny" posture or weight shifting
7. Faster or slower breathing/panting
8. Moving while toileting
9. Body stiffens when touched/avoids touch
10. Yawning when not tired

Common Signs of Pain in Horses

1. Lameness or abnormal gait
2. Unusual posture or weight shifting
3. Decrease in athletic performance
4. Abnormal sweating
5. Muscle tremors
6. Temperament changes
7. Decreased appetite
8. Grinding teeth
9. Less active/playful in the field
10. Abnormal reaction to grooming/tacking

The key is to look for any changes and patterns – are these signs more obvious after exercise? In the morning or evening? Just after getting up? When hot or cold? They used to like being scratched here but now they don't? They're more snippy around other animals?

If you are concerned about new or ongoing pain, or pain that comes-and-goes, give us a call or visit our website for more information! The first step in rehabilitation therapy is to address any pain that is contributing to movement issues in your dog or horse. Rehab can be an effective complimentary treatment to your primary care veterinarian's pain management plan.

VETERINARY REHABILITATION SERVICES OF VIRGINIA