

Chronic Pain Management plan

Created for:

Date:

Assessment:

Body Condition score: ___/9 (Ideal = 4-5)

Current Body weight: _____KG

Target body weight: _____KG

Muscle Condition score: Normal/ Mild loss/ Moderate loss/ Sever loss

Pain score: ___/100

History

Behavioural indicators:

Current pain medication:

Medications should be administered according to instructions and not dosed on an 'as required basis'

Exercise regime:

Frequent short low impact exercise is better for chronic pain rather than long walks or high impact stop/start exercise (e.g. fetch ect)

Diet/Supplements:

The supplement with best results is green lipped muscle & omega fatty acids. Lots of diets advertise they are good for arthritic/geriatric pets but do not contain the correct supplements. We recommend a veterinary mobility diet or additional supplements. Diet with omega 3 best.

Physical Therapy:

Physiotherapy, hydrotherapy and massage are proven to improve QoL for animals with chronic pain.

Recommendation Plan

GOALS:

Pain Medication:

Supplements:

Exercise:

Diet:

Re-assess Date: _____