

SENIOR DOG MOBILITY

15-sign observation checklist

Track changes over time and bring your notes to a veterinary appointment.

Dog: _____ **Age:** _____ **Date:** _____

For each question, describe what you observe. Check the option that best fits today.

Standing & Rising

1. Can your dog stand up from a lying position without assistance?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples: _____

2. Can your dog rise after sleeping without struggling?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples: _____

3. Does your dog avoid lying down because getting back up is difficult?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples: _____

Walking & Movement

4. Can your dog walk normally without limping?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples: _____

5. Can your dog complete a short walk without excessive fatigue?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples: _____

6. Does your dog move confidently on slippery floors?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples: _____

Stairs & Elevation

7. Can your dog climb stairs comfortably?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples: _____

8. Can your dog go down stairs without hesitation?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples: _____

9. Can your dog get into vehicles or onto furniture without assistance?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples: _____

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Daily Comfort

10. Does your dog appear comfortable while resting?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples:

11. Does your dog sleep through the night without frequent repositioning?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples:

12. Does your dog avoid signs of stiffness after resting?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples:

Activity Level

13. Does your dog still enjoy walks?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples:

14. Does your dog willingly participate in normal daily activities?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples:

15. Does your dog show interest in play or interaction?

☐ No change ☐ New concern ☐ Occasional ☐ Worsening

Notes / examples:

Patterns to discuss with your veterinarian

When did you first notice changes?

Are symptoms getting more frequent or severe?

Questions or concerns for the appointment:

IMPORTANT

This checklist does not diagnose arthritis or other conditions.

Seek prompt veterinary advice for pain, limping, weakness, or sudden mobility changes.