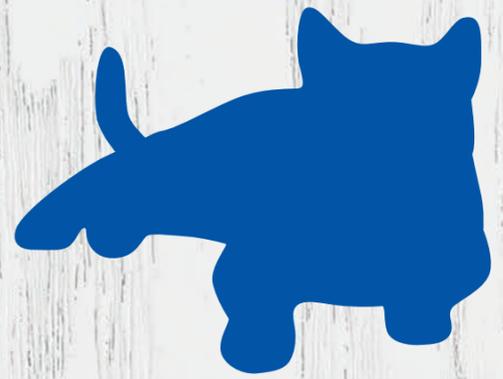


# RECOGNISING SIGNS OF *Pain in Cats*



Cats tend to hide their pain, making it easy to miss signs of illness. In the wild any sign of weakness would make a cat more vulnerable to predators and could lead to them being bullied or abandoned by their group. Like their wild ancestors, domesticated cats are practised at hiding signs of pain and discomfort but there are still some important clues to look for.

## *Typical signs of pain in cats*

General behavioural changes are the most obvious sign your pet may be in distress.



- Hiding
- Sitting still or hunched up
- Losing interest in people or other pets
- Reluctance to play, interact or exercise
- Sleeping more than usual
- Neglecting to groom themselves
- Loss of appetite
- Over-grooming a specific area
- Purring, excessive meowing or other unusual vocalisations
- Restlessness
- Not using litter tray
- Aggression – more likely to bite and scratch

## *Physical signs you may notice include:*



- Changes in breathing – panting or faster and shallower breathing than normal
- Changes to eyes – changes in pupil dilation, squinting or bloodshot appearance
- Swellings or inflammation
- Abnormal gait
- Limping
- Difficulty in jumping or moving more slowly than normal

## *Signs of acute pain can include:*



- Avoiding bright areas
- Growling or groaning
- Change in feeding behaviour
- Closed eyes

## *Will these signs always be noticeable?*

As only a few of these behaviours may be seen and they may be very subtle in less acutely painful conditions, what's most important is to look for any pattern in changes to your cat's behaviour or routine. As a pet owner you'll have a pretty good idea of what's "normal" for your pet – so you can easily recognise what's not.

Any information you can provide will help your vet build a better picture of the problem.

[vetspecialiststherapy.co.uk](http://vetspecialiststherapy.co.uk)