

WELCOME TO  
**CANINE MOBILITY  
 ASSESSMENT FOR  
 DOG TRAINERS**



**MARIE BARTLING, DVM**  
 CERTIFIED ACUPUNCTURE  
 CERTIFIED CHIROPRACTIC  
 CERTIFIED CANINE REHAB  
 CERTIFIED VET PAIN PRACTITIONER




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“  
 IT IS DIFFICULT  
 TO KNOW  
 WHEN ANIMALS  
 HURT.”



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**PAIN AND PET BEHAVIOR**

- Workshop Int Vet Behavior Meeting 201  
 • Mills, Demontigny-Beard, Gruen et al. Pain and Problem Behavior in Dogs and Cats. *Article, Animals* 2020, 10, 318; doi:10.3390/ani10020318
- 30-80% of animals presenting for weird behavior had a painful condition.
- Up to 75% had arthritis.
- 70% were determined to be painful by medication trials – hard to find on exam.





Photo by [Jacob Salmeron](#) on [Unsplash](#)



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**SAAVY PET LOVERS NEED HELP**



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**WHY THIS IS MY PASSION PROJECT**



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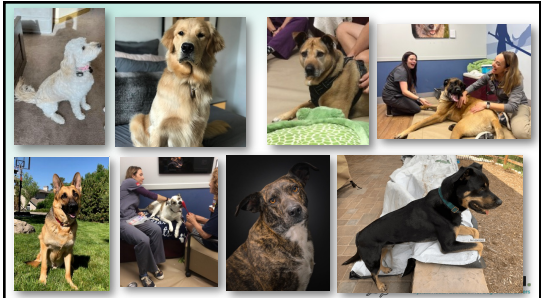
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**TODAY YOU WILL LEARN HOW TO DO A VISUAL EXAM**

- HISTORY
- POSTURE
- GAIT
- TRANSITIONS
- A FEW ADVANCED MOVES
- CASE EXAMPLES

AGENDA

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**GET READY - THIS WILL CHANGE YOUR VISION.**

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*Who has heard this before?*

*Say, "yes?"*



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**KEY WORDS**

- GRUMPY
- LAZY
- STUPID
- STUBBORN
- "HE/SHE IS A SPAZ"
- "FORGOT HOW TO BE A GOOD DOG"
- "USED TO LOVE DOGS/PEOPLE"
- GETTING OLD

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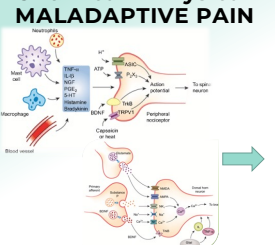

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**Chemical + Physical Pain = MALADAPTIVE PAIN**

Neuroinflammation and Centralization in Chronic Pain. Ru-Rong Ji, et al. Anesth 2018.



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**Common Misconceptions:**

- Fast movement = Pain Free
- Happy = Pain Free
- OA = Old Age
- SLOW = Old Age



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**WHAT TO WATCH FOR**

**MOST IMPORTANT:**

- Posture
- Gait analysis
- Transitions

**ADVANCED:**

- Balance
- Hip and spine flexibility/ROM
- BEHAVIOR – YOU KNOW THIS!




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☺☺

ON A SCALE OF 0-10, HOW HARD IS IT FOR THE DOG TO COMPLETE THE MOVEMENT.

**TWO PROMISES:**

- I WILL NOT DIAGNOSE ...
- I WILL TEACH OWNERS TO SEE ...

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Walk = 4 beat gait

**GAIT ANALYSIS**

- Watch from front, back and each side of the dog
- Requires each limb to weight bear independently
- Add a circle/spiral when needed

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Trot = diagonal two beat gait.

Pace = is a ipsilateral same side gait that looks like a trot with a body roll.




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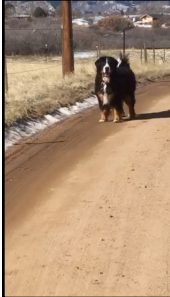
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**MOOSE:**

**GAIT ANALYSIS – WHERE IS HE TRYING TO MAKE HIS MOVEMENT EASIER?**



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**BASIC:** Watch for symmetry.

- Stand
- Sit
- Lay
- Sit
- Stand

**ADVANCED:**

- Add down to stand when you can
- Add stairs when you can!
- Add spine extension!

**TRANSITIONS**



**HELP SPOT RUN.**  
Professional Dog Trainers & Dog Behaviorists

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**LOUIE:**

**ADVANCED:  
TRANSITIONS  
EXAM**

THIS VIDEO IS ON MY WEBSITE – AT THE BOTTOM OF THE POSTURE GALLERY.

**HELP SPOT RUN.**  
Professional Dog Trainers & Dog Behaviorists

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**CHARLIE:**

**GAIT  
ANALYSIS**

**HELP SPOT RUN.**  
Professional Dog Trainers & Dog Behaviorists

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**MOVEMENT VS FUNCTION**




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“  
I WISH HE  
COULD TELL  
ME WHAT IS  
WRONG.”




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**Cricket**  
1.5 year FS Mini Australian Shepherd

HBC in Texas. Owner relinquished.  
Right Femoral Head Osteotomy 8/26/22 at rDVM

Initial evaluation at Animal Care Center of Castle Pines.  
9/15/22: NWB Right Pelvic limb. Multimodal pain management initiated + therapeutic exercises

- Progress exam 9/23/22. Foster family reports: NEW DOG
- PT evaluation 9/26/22: improvement with weight bearing just with manual therapy
- CT scan at Colorado Canine Orthopedics 11/16/22: healed acetabular fracture.
- Possible THR candidate
- FHO Revision at CDO 12/7/23



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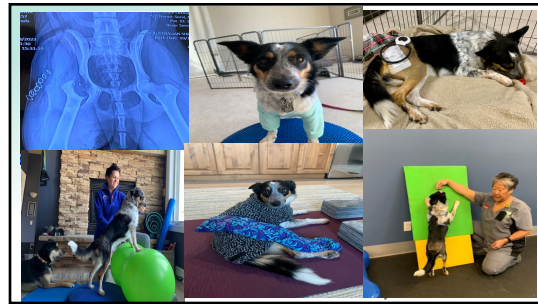
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FOOTNOTES

## Pain Assessment = Pain History + Pain Measurement

"Animal Pain - and especially the complexities of the development of chronic pain – in and of itself is still a mystery" Jennifer Johnson, VMD, CVPP, president of IVAPM

Pain History	Pain Measurement
<ul style="list-style-type: none"> <li>O = Onset</li> <li>P = Prevaling/Palliative factors</li> <li>Q = Quality/Quantity</li> <li>R = Region/Radiation</li> <li>S = Severity</li> <li>T = Timing/Treatment</li> <li>U = Understanding &amp; Impact</li> </ul>	<ul style="list-style-type: none"> <li>Physiological &amp; Behavior Effects</li> <li>Posture &amp; Gait</li> <li>Musculoskeletal Palpation</li> <li>Goniometer (S)</li> <li>Muscle Circumference (S)</li> <li>Altimeter (S)</li> <li>Quantitative Sensory Testing (SS-SSS)</li> <li>Gait Analysis Systems (SSSSS)</li> </ul>

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### PERDITA:





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### REY + STANLEY





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“  
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### YOUR TEACHERS


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HEIDI SERVIL  
DVM, CCRT



CANDICE  
BRUECK, MPT,  
CCRT



URSA ACREE,  
CDBC



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### OUR CANINE TEACHERS

SCOUT + BLISS WITH KAREN



TROOPER WITH SUE





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**OUR SPONSORS TODAY**





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I look forward to learning and laughing with you.

[www.helpspotrun.com](http://www.helpspotrun.com)




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**YOU ARE NOT ALONE.**


**THE ANIMAL CARE CENTER**

- DR. HEIDI SERVI - REHAB VET
- CANDICE BRUECK - PHYSICAL THERAPIST
- URSULA ACREE - BEHAVIOR AND TRAINING EDUCATOR @ BEHAVIOR VETS

**HELP SPOT RUN - MARIE BARTLING, DVM**

Online classes: [www.helpspotrun.com](http://www.helpspotrun.com)  
 More resources: [www.helpspotrun.com](http://www.helpspotrun.com)

- How to see mobility issues in dogs
- How to get video to see mobility issues in dogs
- Live events



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