



Monitoring Worksheet for Chronic Pain Medication Trial

DAY 0 (before starting meds)

Activity	No problem	Little problematic	Quite problematic	Severe problem	Impossible	Take Video of Each Activity
1)						
2)						
3)						

Other Notes:

DAY 5 (after starting meds)

Activity	No problem	Little problematic	Quite problematic	Severe problem	Impossible	Take Video of Each Activity
1)						
2)						
3)						

Other Notes:

DAY 10 (after starting meds)

Activity	No problem	Little problematic	Quite problematic	Severe problem	Impossible	Take Video of Each Activity
1)						
2)						
3)						

Other Notes:

DAY 15 (after starting meds)

Activity	No problem	Little problematic	Quite problematic	Severe problem	Impossible	Take Video of Each Activity
1)						
2)						
3)						

Other Notes:

Chronic Pain Management Plan

ANTI-INFLAMMATORY

Onsior
Metacam
Solensia
Carprofen
Galliprant
Prednisone

GENERALIZED PAIN

Gabapentin
Amantadine
Buprenex
Tramadol
Codeine

ALTERNATIVES

Acupuncture
Laser therapy
Rehab therapy
PEMF (Assisi Loop)

SUPPLEMENTS

Adequan
Dasuquin
Welactin

HOME LIFE

Anti-Slip Mats
Journal
Video
Elevate dishes
Ramps
Heat/Cold
Massage

ACCESSORIES

Toe Grips
Booties
Help'Em Up Harness
Nail Caps
Grip Tape

DIET

Purina JM (Joint Mobility)
Purina OM (Overweight Management)
Royal Canin Mobility
Royal Canin Satiety Support
Hill's Metabolic & Mobility
Hill's j/d
Other:

Current weight =

Goal weight =

Daily Calories =

EXERCISE

Avoid intense exercise
Slow daily "strolls"
Swimming
Underwater treadmill
Avoid Pavement
Limit Stairs
Other:

NOTES & OTHER RECOMMENDATIONS: