



## Osteoarthritis (OA) Screening Tool

RISK FACTOR	YES	NO
Breed at risk-any age; start screening and discussion at time of puppy exam		
Overweight/ obese BCS >6/9		
Known DOD (HD, ED, OCD, MPL)		
CCL Disease (any degree of CCL tear)		
History of joint trauma or surgery		
Age >8 years		
Canine athlete or working dog		

If any of the above answer YES, this dog is at least *STAGE 1 OA* and should be further screened using our *OA SCREENING EXAM*.

### OA SCREENING EXAM

The purpose of the OA screening exam is to incorporate basic orthopedic exam techniques that may indicated orthopedic disease/ OA into your general physical exam. The OA SCREEN should take no more than 1-2 minutes to complete. Results of this screen are not expected to diagnose a specific orthopedic condition but rather suggest that further orthopedic examination is indicated.

## OA SCREENING EXAM

Exam technique	Concern for OA/ Orthopedic disease	WNL	Abnormal; comments
<b>Gait:</b> observe the dog walking around the exam room <i>prior</i> to physical exam	Obvious lameness Unwillingness to walk		
<b>Posture:</b> observe the dog standing on the floor of the exam room <i>prior</i> to physical exam	Weight shifting off one limb Kyphosis Lordosis Caudal pelvic tilt Asymmetric position of paws and digits		
<b>Transitions:</b> observe the dog moving from down to stand, stand to down, and sit to stand	Slow or unable to rise from 'down' unassisted Positive sit test Asymmetric use of limbs to stand		
<b>Muscle atrophy:</b> with the dog standing, palpate for muscle symmetry in thoracic and pelvic limbs	Asymmetric muscle mass		
<b>Joint swelling/ effusion:</b> With the dog standing, palpate elbows, carpi, stifles and tarsi for swelling	Asymmetric palpation of joints Firm swelling, typically on medial aspect of stifle or tarsus Thickening of the Achilles tendon insertion		
<b>Paraspinal palpation:</b> With the dog standing, palpate along the paraspinal muscles in the thoracolumbar region	Muscle spasm/ tenderness		
<b>3 leg stand:</b> Lift each limb up individually and asses willingness to stand on the contralateral limb	Asymmetry between willingness to allow limbs to be lifted/ weight bearing on contralateral limb Compensation or collapse through limb that the dog is standing on		