

Living Comfortably with Arthritis

Arthritis & Osteoarthritis Management for Cats

With the right combination of care, most cats with arthritis can stay comfortable, active, and enjoy a great quality of life.



1 WHAT IS ARTHRITIS?

Arthritis (osteoarthritis) is the gradual wear and tear of the joints. It causes pain, stiffness, and inflammation, making movement uncomfortable.

COMMON SIGNS

- Stiffness, especially after rest or in the morning
- Less interest in jumping or climbing
- Difficulty getting up, lying down, or jumping onto furniture
- Slower or less active than usual
- Changes in litter box habits
- Less playful, more irritable
- Grooming less, coat may look unkempt
- Muscle loss or reduced fitness



Cats are very good at hiding pain. Early treatment can make a big difference to their comfort and quality of life.

2 WHY EARLY TREATMENT MATTERS



Chronic pain can change your cat's behaviour and reduce their quality of life.



Early management helps maintain mobility and independence.



Keeping joints moving helps preserve muscle strength and support long term comfort.



DID YOU KNOW?

Cats with arthritis often show signs gradually, making them easy to miss.

3 WEIGHT MANAGEMENT

Maintaining a healthy weight is one of the most effective ways to reduce joint stress and pain.



- Even a small amount of weight loss can significantly improve mobility and comfort.
- Ask our team for your cat's ideal weight and tailored advice.

4 EXERCISE & HOME MODIFICATIONS

Gentle movement and a supportive environment help keep joints moving and reduce discomfort.



EXERCISE

Short, regular play sessions encourage movement. Interactive toys are great low-impact options.



ENVIRONMENT

Provide easy access to:

- Litter box
- Food & water
- Favourite resting spots

Keep pathways clear and safe.



HOME COMFORT

- Soft, supportive bedding
- Ramps or steps
- Non-slip mats on slippery floors
- Warm, quiet places to rest

5 ARTHRITIS MEDICATIONS

Medications reduce pain and inflammation, helping your cat move comfortably.



NSAIDs

Medications such as meloxicam help reduce pain and inflammation.

Use only under veterinary direction. Regular blood tests may be recommended.



CARTROPHEN® INJECTIONS

Help protect cartilage, improve joint lubrication and reduce inflammation, and may slow joint damage progression.

Usually started as a series, then continued monthly. Very safe for long-term use.



SOLENSIA® INJECTIONS

Helps block pain signals at the nerve level for long-lasting relief.

Given monthly under veterinary supervision. Often used as part of a multimodal plan.



GABAPENTIN (ORAL)

Helpful for nerve-related pain and can improve comfort and relaxation.

Usually given twice daily. Use under veterinary guidance.

6 JOINT SUPPLEMENTS

Supplements support joint health and can complement other treatments.

ANTINOL®



Clinically proven natural joint support that helps reduce inflammation and improve mobility.

4CYTE® (EPITALIS®)



Supports joint and cartilage health, reduces pain and may help improve movement.

OMEGA-3 FISH OILS



Helps reduce inflammation and supports overall joint and skin health.



Supplements work best when given consistently over several weeks. Quality matters – use veterinary recommended products.

7 MULTIMODAL MANAGEMENT

Most cats do best with a combination of treatments rather than relying on one medication alone.



MEDICATIONS



SUPPLEMENTS



EXERCISE & ENVIRONMENT



WEIGHT MANAGEMENT



HOME COMFORT



A HAPPIER, COMFORTABLE CAT



A tailored plan helps manage pain, maintain mobility, and keep your cat enjoying life.

8 WHEN TO CONTACT YOUR VETERINARIAN

- Decreased activity or interest in playing
- Difficulty jumping, climbing or using stairs
- Changes in litter box habits
- Appetite, grooming or behaviour changes
- Signs of pain, stiffness or vocalising
- Sudden worsening or limping
- If current management is no longer effective



Early assessment and ongoing management can greatly improve your cat's comfort and quality of life.

9 THE GOOD NEWS

With early diagnosis and a personalised plan, most cats with arthritis can:

- Stay active and engaged
- Remain comfortable and pain-free
- Enjoy a great quality of life for years to come

We're here to help your cat live their happiest, most comfortable life.



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