

**TEXAS A&M UNIVERSITY**

Veterinary Medical Teaching Hospital

**Veterinary Sports Medicine and Rehabilitation
Helsinki Chronic Pain Index**

Case #

Client Name

Phone

Animal name

Signalment

Date:**Form completed by:**Choose the one response for each phrase that best describes your pet during the preceding week.**Rating #****a. Rate your pet’s attitude:**0 very alert 1 alert 2 neither alert
nor indifferent 3 indifferent 4 very indifferent**b. Rate your pet’s willingness to play:**

0 very willing 1 willing 2 reluctant 3 very reluctant 4 won’t play at all

c. Rate your pet’s vocalization (audible complaining, such as whining or crying out):

0 never 1 hardly ever 2 sometimes 3 often 4 very often

d. Rate your pet’s willingness to walk:

0 very willing 1 willing 2 reluctant 3 very reluctant 4 won’t walk at all

e. Rate your pet’s willingness to trot (or jog):

0 very willing 1 willing 2 reluctant 3 very reluctant 4 won’t trot at all

f. Rate your pet’s willingness to run:

0 very willing 1 willing 2 reluctant 3 very reluctant 4 won’t run at all

g. Rate your pet’s willingness to jump (e.g. into car, onto sofa, etc.):

0 very willing 1 willing 2 reluctant 3 very reluctant 4 won’t jump at all

h. Rate your pet’s ease in lying down:0 with great ease 1 easily 2 neither easily
nor with difficulty 3 with difficulty 4 with great difficulty**i. Rate your pet’s ease in rising from a lying position:**0 with great ease 1 easily 2 neither easily
nor with difficulty 3 with difficulty 4 with great difficulty**j. Rate your pet’s ease of movement after a long rest:**0 never difficult 1 hardly
ever difficult 2 sometimes
difficult 3 often difficult 4 very often /
always difficult**k. Rate your pet’s ease of movement after major activity or heavy exercise:**0 never difficult 1 hardly
ever difficult 2 sometimes
difficult 3 often difficult 4 very often /
always difficult**Total Chronic Pain Score:**