

10 signs of pain to watch for at home



Cats tend to mask discomfort naturally, so subtle shifts in their day-to-day behaviour are often the earliest clue that something is off.

1



Appetite & thirst

Changes in how much or how your cat eats or drinks, how often they visit their food or water bowl

3



Grooming

Little to no grooming: dull, greasy, matted and/or soiled coat; Overgrooming, especially if in a localized area.

5



Mobility

Reluctance to move or jump, or movements that seem slow, hesitant, or stiff

7



Posture

Spending more time crouching or hunching, lowering their head, or sitting in an unusual way

9



Vocalisations

Meowing more than usual, persistent crying, yowling, or going completely silent

2



Litter box habits

Changes in how often your cat uses the litter box, or an increase in accidents outside of it

4



Touch

Avoiding contact or becoming irritable when touched in areas they usually enjoy

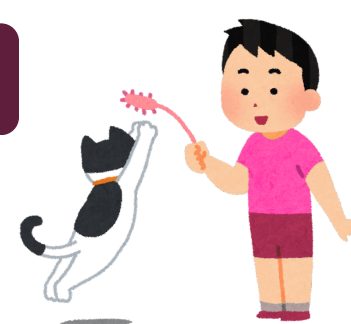
6



Hiding

Spending more time alone or sleeping in places they don't usually go

8



Energy & play

Less interest in play, no longer responding to favourite toys, or seeming tired and lethargic

10



Mood

Seeming disoriented, confused, restless at night, or less interested in you and their surroundings

[Sylvester.ai](https://www.sylvester.ai) is a mobile app that helps you understand and track your cat's comfort using a photo and recognized feline science. Download the app and try it free today.