

## Needs of the Activity Restricted Cat



### Key Points

- **Not being able to get around doesn't have to be a drag**
- **Keep necessities close together**
- **Watch that waistline**

### Reasons for activity restrictions

There are many different reasons a cat may need to be put on restricted activity. They may have just had a major abdominal surgery, maybe they broke a bone, or they are developing arthritis or kidney disease. In some cases cats will be put on strict cage rest. This means that they are not allowed out of a large crate for an extended period of time, this is usually due to a broken limb. In other cases, they physically just do not have the energy to be as active as they once were due to an underlying condition. However, this does not mean that they can't still enjoy life to its fullest.

### Safety

Animals with mobility issues, as well as ones that have just received surgery, are at greater risk of falls - in turn injuring themselves. Make sure that there are no high surfaces that they can jump up onto or fall off of. You may need to get creative so that they can still get onto the bed or couch with you, a set of stairs or a low stool might help them get up and down as they wish safely.

### Diet

A very important aspect to restricting activity are calorie restrictions. A healthy adult animal put on cage rest will not be using the same amount of calories as per usual. We will need to calculate how many calories are needed to be ingested each day to meet energy requirements. Your veterinary technician can help you with this calculation based on your cat's weight. In some disease processes, it becomes very hard to keep weight on a cat, even when they aren't as active as they once were. We will still do a calorie count for your cats energy requirements but may change to a diet with a higher calorie content, that way they don't have to eat as much to receive their daily requirements.

### Enrichment

Just because they can't go very far doesn't mean they can't have fun and enjoy life. Keep the litter box and food station near the sleeping area. Older cats will appreciate this gesture. For cats with arthritis, use a litter box with low sides so that they don't have to lift their feet up to get in. For cats living in a kennel, place it by a low window so that they can have a view of the birds outside, just like HD TV!

Visit:

[www.FearFreeHappyHomes.com](http://www.FearFreeHappyHomes.com) OR [www.PacificCatClinic.com](http://www.PacificCatClinic.com)

for more tips and tricks on how to keep your home Fear Free.