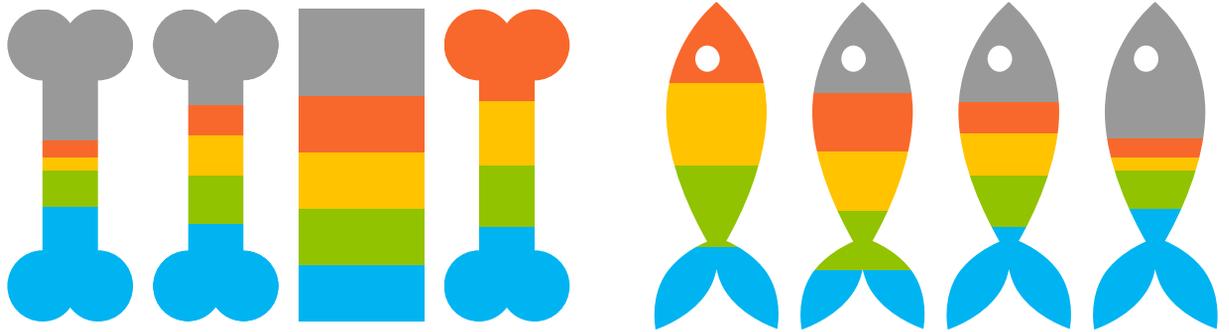
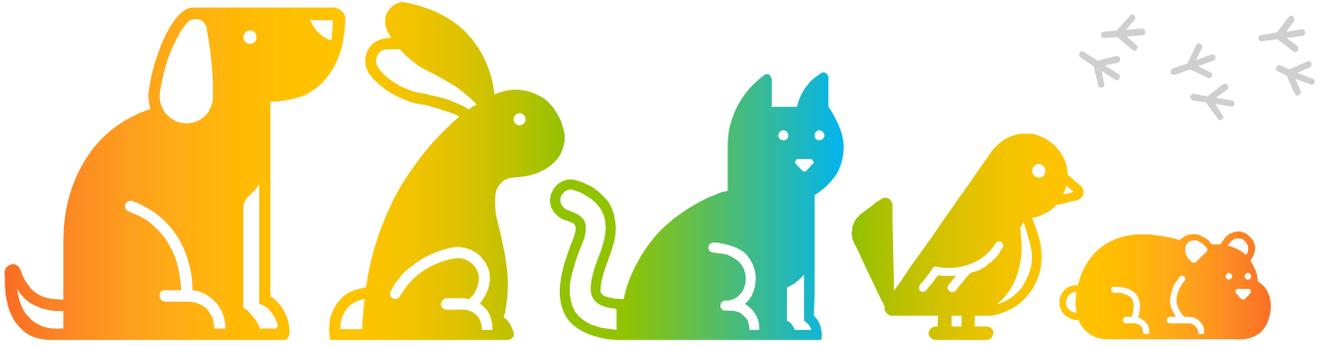
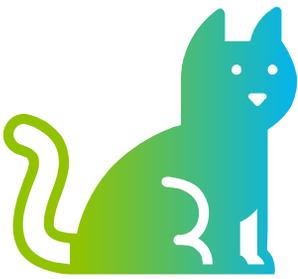




# EXAM TRAINING @ HOME

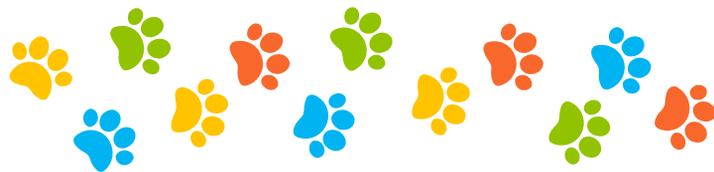
*Cats*

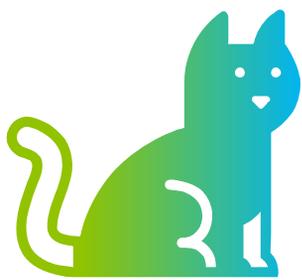




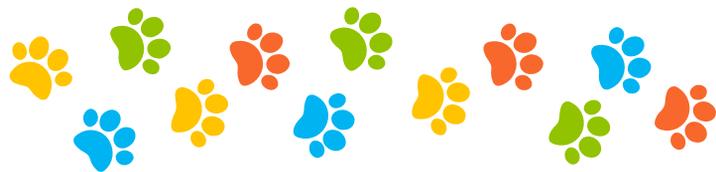
1. Place a non-slip cat bed on the floor. Using high-value treats such as Churu or Squeeze Cheese, reward your cat for going onto the bed.
2. Place the bed on a coffee table or slightly raised surface and give more treats.

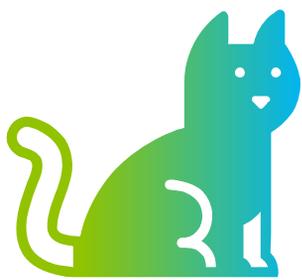
*Eventually, the goal is your cat to be comfortable on a surface that's waist-high to simulate an exam table.*





1. Practice restraint by standing behind them, gently squeezing their shoulders for a second, then giving a treat.
2. Gradually, increase the length of time your cat is held until you reach a minute. Repeat these steps with a folded bath towel, a tool used by many veterinarians for handling cats. Scruffing cats is not recommended because it increases their FAS, so do not attempt this with your cat.





After your cat is used to restraint, start training for the exam. There may seem like a lot of parts to an exam, but most cats can be examined by a vet within a few minutes, especially if you've already done some training at home. Using the same principles used for restraint, break down each area of handling into the baby steps that comprise it. Keep treating and don't move onto the next baby step unless your cat stays relaxed. If your cat has arthritis or another painful condition, avoid handling those areas.

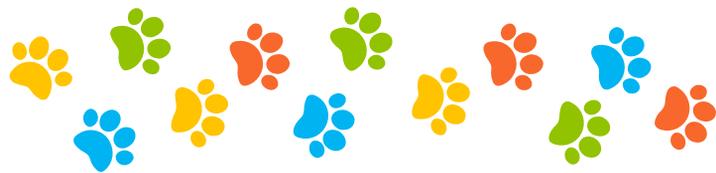
*Training is important, but not at the expense of injuries or stressing your special bond.*

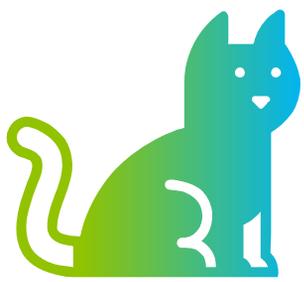




If your cat is overall healthy, face your cat from behind & practice the following giving a treat after each procedure:

- 1 Trailing your hand over the back & upper legs.
- 2 Trailing your hand under the front legs from chest to abdomen.
- 3 Touching the tail, then lifting it from the base.
- 4 Lightly squeezing the spine with your fingers from the shoulders to the hips.





- 5 Picking up one leg at a time under the armpits or hips, then moving it forward & backward.
- 6 Touching each paw, then lifting it.
- 7 Very gently squeezing the abdomen from the ribs to the hips.
- 8 Touching each ear, then lightly putting a finger inside the ear.
- 9 Touching the lip, then lifting it.
- 10 Holding the face while briefly making eye contact.

