



Flat-Faced Breathing: At-Home Walk Test

PETSLIKEMINE
BREATHING & AIRWAYS

A simple before-and-after check of how your dog copes with effort

DOG NAME	BREED	DATE	WEIGHT
_____	_____	_____	_____

BOAS is about how a dog copes with effort, not how it looks lying still. This gentle walk gives you an indicative read you can repeat over time. It does not replace the vet's Respiratory Function Grading; if your dog struggles, book that.

HOW TO DO IT SAFELY

Choose a cool time of day, never the heat. A flat, gentle three-minute walk on a harness. Stop at once if your dog struggles, the gums change colour, or it cannot continue.

BEFORE AND AFTER

MEASURE	WRITE IN
Resting breathing rate before (breaths/min)	_____
Breathing rate just after the walk (breaths/min)	_____
How long to return to normal (minutes)	_____
Breathing noise (none / mild / loud)	_____
Recovery (quick / slow / had to stop)	_____

AN INDICATIVE READ

Recovers quickly and quietly = reassuring. Loud breathing, a slow recovery, or having to stop = worth booking the vet's grading. Repeat every few weeks, or after weight loss, to see the trend.

STOP AND SEE A VET NOW IF

Your dog's gums go blue or grey, it collapses, or it cannot get its breath back. Never push a struggling flat-faced dog.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Walk gently in the cool, record before and after, and repeat over time. If recovery is slow or noisy, book the real Respiratory Function Grading with your vet.

GRADING IS ABOUT EFFORT, NOT LOOKS