

Feline Grimace Scale

Quick-Reference Chart | happypetzone.com

Watch your cat for about a minute. Score each of the five facial signs from 0 (relaxed) to 2 (severe tension), then add the five numbers for a total score out of 10.

Action Unit	Score 0	Score 1	Score 2
Ear Position	Upright, forward-facing, relaxed	Slightly pulled apart, rotated outward	Flattened, rotated sideways ("airplane ears")
Orbital Tightening	Wide open, soft almond shape	Partial squinting	Eyes squeezed tightly shut
Muzzle Tension	Relaxed, rounded, soft chin	Subtle tightening, lips slightly pursed	Drawn, tense, pinched look
Whisker Position	Loose, fanned out, curving forward	Straighter, pulled back slightly	Flat against face, stiff, bunched
Head Position	Above the shoulder line	Aligned with the shoulders	Below shoulders, tucked toward chest

What Your Total Score Means

0–3	Minimal or no pain. Your cat is likely comfortable. Keep an eye on other behaviors.
4–6	Moderate pain. Contact your veterinarian and describe the facial signs you observed.
7–10	Severe pain — veterinary emergency. Call your vet or an emergency animal hospital now.

Important: This chart is for educational purposes only and does not replace professional veterinary diagnosis or treatment. If your cat's score is 4 or higher, or if you are worried for any reason, contact your veterinarian.

Developed from peer-reviewed research at the University of Montreal. Full guide and interactive calculator:
happypetzone.com/cat-pain-assessment-the-feline-grimace-scale-tool/