

Elbow Dysplasia



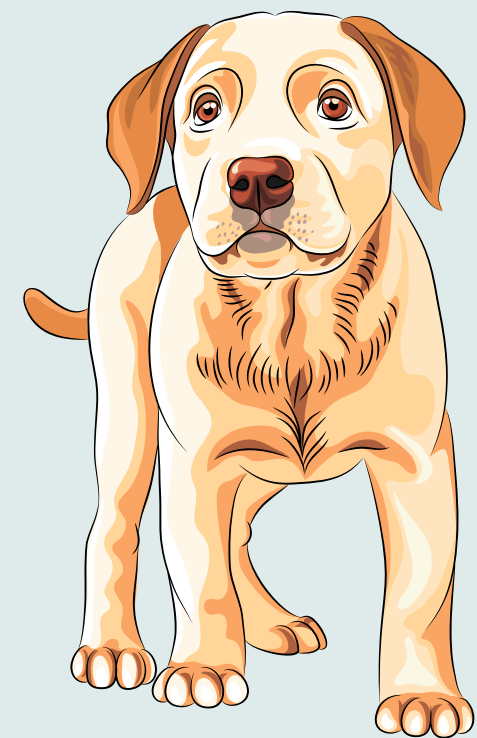
What is it?

An umbrella term for a group of conditions that result in the abnormal development of the three bones that make up the elbow. Resulting in uneven force concentration to the elbow joint.



Why does it happen?

Most commonly during puppyhood, the three bones that make up the elbow (humerus, radius and ulna) grow at different rates causing the incongruence.



What should I expect?

Many dogs develop secondary OA with elbow dysplasia but with the help of pain medication from your vet and physiotherapy OA can be managed effectively



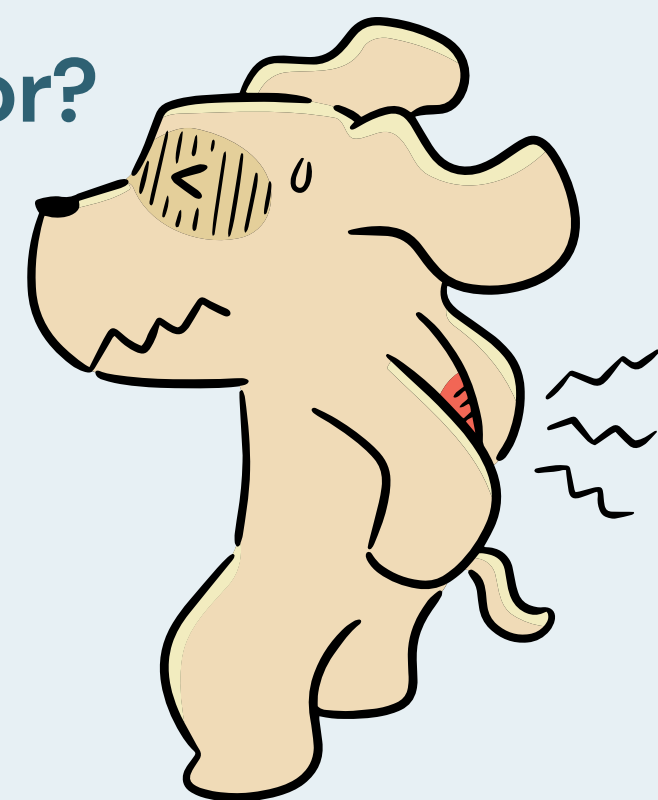
Where can I go for more info?

Firstly, you can speak to your vet or your physio. Secondly, you can visit Canine Arthritis Management (CAM) facebook or website to have other online resources and information about OA.



What should I look for?

- Limping on one or both front legs
- Exercise intolerance
- Difficulty going up/down stairs or rising from lying
- Abnormal gait - can look like paddling
- Physique and muscle changes
- Change in temperament



Can I still exercise my dog?

Yes but you may have to modify the exercise you do. Your physio should discuss these changes with you - be prepared to swap high intensity exercises with more mental stimulating activities on walks.



What can I do to help?

- Follow your physio exercise/treatment plan
- Use a heat pack/hot water bottle on areas of discomfort for 5 mins before any exercise
- Provide traction for your dog if you have slippy flooring i.e. rugs
- Ensure your dog is of a healthy weight



Keys to Successful Management



Don't underestimate the benefits of a unique and personalised home exercise plan



Home adaptations are easy and effective at promoting mobility and reducing injury risk around the home



React quickly to any changes in mobility, behaviour and capability