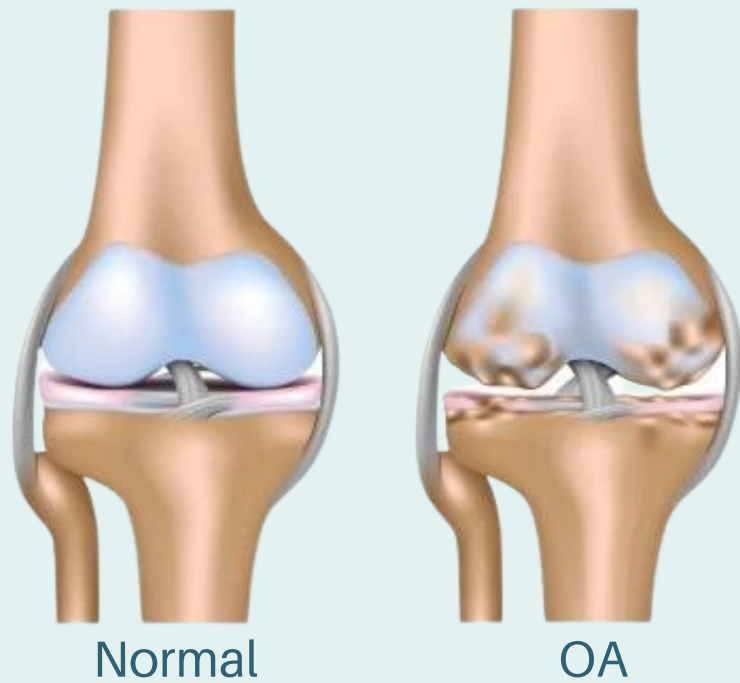


Canine Osteoarthritis



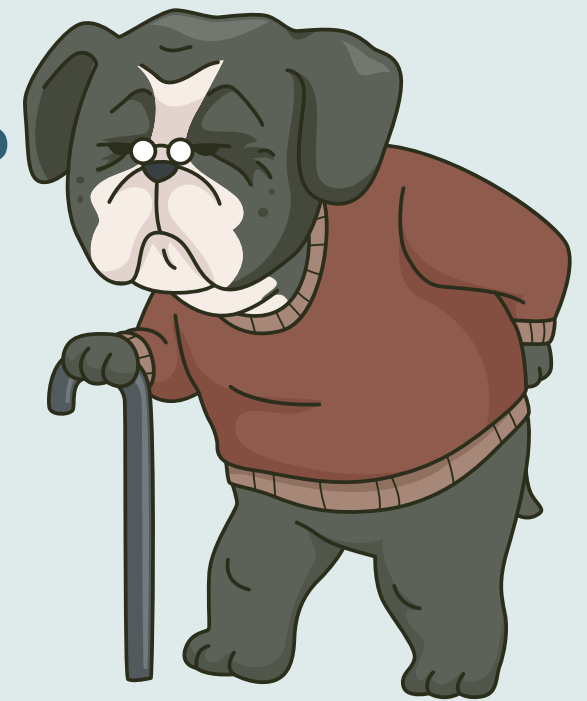
What is it?

The chronic degeneration of the articular cartilage of a joint. It affects 1 in 5 dogs and its prevalence increases with age.



Why does it happen?

Most commonly age is the main factor in OA, but also infection or traumatic injury can also cause it.



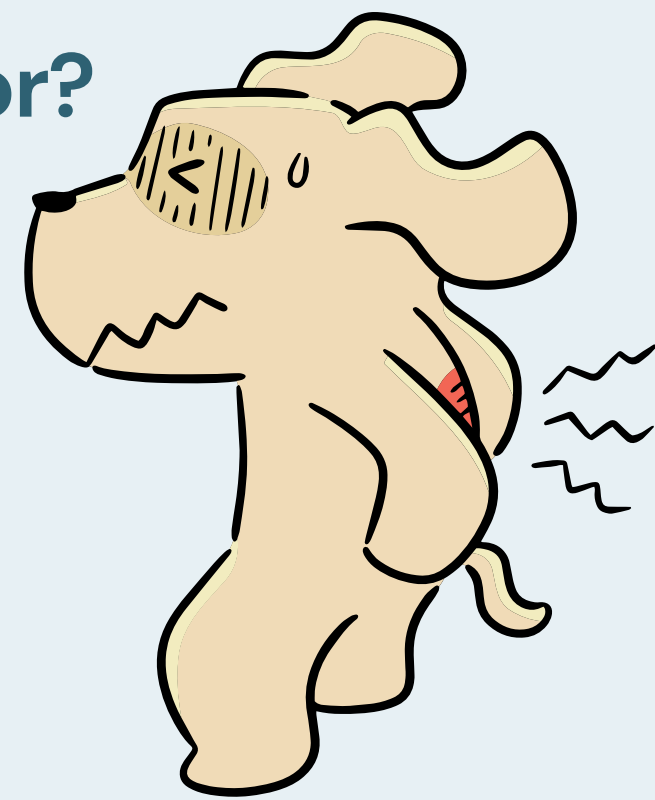
What should I expect?

Due to the chronic nature of OA, the joint will continue to degenerate but with the help of pain medication from your vet and physiotherapy OA can be managed effectively



What should I look for?

- Limping
- Reduced activity levels
- Difficulty rising from sitting or lying
- Excessive nibbling or licking to a certain area
- Physique and muscle changes
- Change in temperament
- Sleeping more than usual



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 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 slippery flooring i.e. rugs
- Ensure your dog is of a healthy weight



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.



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