

## ARTHRITIS PREVENTION & TREATMENT

### **CAM- Canine Arthritis Management**

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This is one of the best websites for arthritis and your dog. There is too much information to share, but I have provided links to several pages of interest:

<https://caninearthritis.co.uk/>

#### **Home Environment Adaptations**

<https://caninearthritis.co.uk/managing-arthritis/home-environment-adaptations/>

- Flooring
- Stairs & Steps - Inside & Outside The Home
- Doorways & Thresholds
- Trip Hazards
- Sleeping Area
- Access To Furniture
- Access To Food & Water
- Dog Flaps
- External Pathways
- Toileting
- Interaction With Other Dogs At Home & Outside
- Travel

#### **Modifying Exercise Routines: Making An Exercise Plan**

<https://caninearthritis.co.uk/managing-arthritis/modifying-exercise-routines/>

- Avoiding Tricky Obstacles
- Modifying Your Routines
- Stop High Intensity Games
- Think about Terrain
- Take a Break on Walks
- Conserve Energy to Get Home

#### **Home Assessment Tool**

<https://caninearthritis.co.uk/how-cam-can-help/tools/home-assessment-tool/>

- Slippery Floors
- Stairs & Steps
- Door Thresholds
- Walkways
- Dog Beds
- Sofas & Chairs
- Owners Beds
- Eating & Drinking
- Dog Flaps (Doggy Doors)
- Outside Pathways
- Garden or Outside Area
- Toileting
- Interacting with other Dogs
- Car Travel

<p><b>CAM- Canine Arthritis Management</b></p> <p><i>Continued</i></p>	<p><b>What to Avoid</b>  <a href="https://caninearthritis.co.uk/managing-arthritis/what-to-avoid">https://caninearthritis.co.uk/managing-arthritis/what-to-avoid</a></p> <ul style="list-style-type: none"> <li>• Weight Gain</li> <li>• Slippery Floors</li> <li>• Excessive Exercise</li> <li>• Tough Terrain</li> <li>• Getting Cold</li> <li>• Missed Routine Appointments</li> <li>• Unnecessary Spending</li> </ul> <p><b>CAM'S Top Tips For Weight Loss</b>  <a href="https://caninearthritis.co.uk/how-cam-can-help/weight-loss-support/">https://caninearthritis.co.uk/how-cam-can-help/weight-loss-support/</a></p> <ul style="list-style-type: none"> <li>• Learn to Body Condition Score (BCS) Your Dog</li> <li>• Which Food to Choose?</li> <li>• How Much Should You Feed An Overweight Dog?</li> <li>• How Much Weight Should Your Dog Lose?</li> <li>• How Do You Start Your Weight Loss Journey?</li> <li>• What About Treats?</li> <li>• Tackling Compulsive Treat Giving</li> <li>• How to Adapt Their Exercise to help with Weight Loss</li> <li>• Tips &amp; Tricks</li> </ul>
<p><b>Lifestyle Modifications</b></p> <p><i>PetMD</i></p>	<p><b>Lifestyle Modifications - PetMD</b>          Making a few basic modifications to your home can help alleviate your dog's pain and anxiety.</p> <ul style="list-style-type: none"> <li>• <b>Nonslip rugs</b>—Dogs with arthritis and joint pain may have a fear of walking on slippery surfaces like hardwood or tile because they have limited mobility, and they expect to feel pain if they fall.             <ul style="list-style-type: none"> <li>○ Using nonslip mats, rugs, and carpets on slippery floors can help your dog get around the house more without the fear of slipping.</li> <li>○ Placing nonslip rugs at the base and the top of staircases, and near couches and beds, will help decrease dog joint pain by lowering the impact on their joints.</li> </ul> </li> <li>• <b>Orthopedic dog beds</b>—Comfortable dog beds that are low to the ground and have orthopedic support will ease your dog's joint pain and allow them to get back up without struggling.             <ul style="list-style-type: none"> <li>○ Make sure that your pet's favorite spots to rest and sit have thick bedding with nonslip mats to prevent injury or pain when they try to stand up.</li> </ul> </li> <li>• <b>Blocked-off stairways</b>—Stairs should be blocked off with a pet gate to ensure your dog's safety when they're not under your direct supervision.             <ul style="list-style-type: none"> <li>○ You can also add non-slip grips to stairs.</li> </ul> </li> <li>• <b>Dog-lift harness</b>—Consider purchasing a sling, or dog-lift harness, to assist with mobility around the house.             <ul style="list-style-type: none"> <li>○ This type of harness can help ensure proper and safe movement through certain areas for pets severely affected by hip, knee, shoulder, and elbow arthritis.</li> </ul> </li> </ul>

<p><b>Managing Arthritis in Dogs</b></p> <p><i>PDSA</i></p>	<p><b>Managing Arthritis in Dogs - PDSA</b></p> <p><b>Home care for arthritis</b></p> <p>Besides medications and treatments prescribed by your vet, there are things you can do to make your dog more comfortable including:</p> <ul style="list-style-type: none"> <li>• <b>Regular, controlled walks</b> <ul style="list-style-type: none"> <li>○ Unless your vet advises otherwise, make sure your dog has regular short walks each day. A sudden increase in exercise could make your dog stiff and painful.</li> <li>○ Allow your dog to walk and run a little but don't let them jump, skid, chase balls, or run on uneven ground.</li> <li>○ Keep your dog moving</li> <li>○ Unless your vet advises otherwise, encourage your dog to get up and move around throughout the day.</li> <li>○ Lying down for hours can cause joints to become stiff, a little bit of movement every now and then can help.</li> </ul> </li> <li>• <b>Keep your dog slim</b> <ul style="list-style-type: none"> <li>○ Keeping your dog slim is important – being overweight put lots of extra pressure on joints.</li> </ul> </li> <li>• <b>Give your dog a choice of comfortable beds</b> <ul style="list-style-type: none"> <li>○ Allow your dog to choose whether to snuggle in an enclosed bed or stretch out on a flat mattress. Memory foam beds for dogs are kind to joints.</li> </ul> </li> <li>• <b>Keep your dog warm</b> <ul style="list-style-type: none"> <li>○ Heat soothes painful joints - a heat pad under your dog's bed may give them extra comfort, especially on cold days.</li> </ul> </li> <li>• <b>Always dry your dog after wet walks.</b> <ul style="list-style-type: none"> <li>○ You can warm individual joints by using a hot water bottle wrapped in a blanket or towel but never leave your dog alone with a hot water bottle.</li> </ul> </li> <li>• <b>Cover slippery floors in your house</b> <ul style="list-style-type: none"> <li>○ Use rugs, carpets or anti-slip mats to make floors around the house less slippery.</li> <li>○ Dogs with arthritis have weak muscles, which means they are prone to slipping and struggle to get up. Slipping can cause further injury.</li> <li>○ If you can't cover the whole house, focus these in the areas that your dog uses the most.</li> </ul> </li> </ul>
<p><b>Alternative Therapies</b></p> <p><i>PetMD</i></p>	<p><b>Alternative Therapies - PetMD</b></p> <p>As a pet parent of a dog with arthritis, you may want to consider alternative therapies. These treatments can be used in conjunction with primary treatments to help relieve dog joint pain.</p> <p>Some alternative therapies may include:</p> <ul style="list-style-type: none"> <li>• <b>Acupuncture</b>—Acupuncture is the insertion of thin needles into the skin at certain points of the body. <ul style="list-style-type: none"> <li>○ There is clinical evidence that acupuncture, in combination with a multimodal therapy approach to arthritis, reduces chronic dog joint pain.</li> </ul> </li> <li>• <b>Laser therapy</b>—Low-level lasers use penetrating light to bring oxygen and blood flow to joints to decrease inflammation and pain.</li> </ul>

<p><b>Alternative Therapies</b></p> <p><i>Continued</i></p> <p><i>PetMD</i></p>	<ul style="list-style-type: none"> <li>• <b>Shockwave therapy</b>—Shockwave therapy uses high-intensity sound waves to help decrease inflammation and treat arthritis.</li> <li>• <b>Electrical stimulation</b>—Also known as neuromuscular stimulation, electric stimulation is used to strengthen muscles and help decrease muscle wasting in dogs with mobility issues. <ul style="list-style-type: none"> <li>○ Another form, transcutaneous electrical nerve stimulation (TENS) can be used to help provide pain relief.</li> </ul> </li> </ul>
<p><b>Complementary Therapies</b></p> <p><i>The Pet Vet</i></p>	<p><b>Complementary Therapies - <i>The Pet Vet</i></b></p> <p>Medications alone often aren't enough to manage canine arthritis effectively. A multimodal approach that incorporates various complementary therapies can provide more comprehensive relief and improve your dog's quality of life. Consider these complementary approaches that can work alongside medications to help your arthritic dog:</p> <ul style="list-style-type: none"> <li>• <b>Physical therapy:</b> Professional canine rehabilitation can make a tremendous difference for arthritic dogs. <ul style="list-style-type: none"> <li>○ Therapeutic exercises, underwater treadmill therapy, and massage can maintain muscle strength and joint mobility while reducing pain.</li> <li>○ Many veterinary specialists now offer these services.</li> </ul> </li> <li>• <b>Weight management:</b> Keeping your dog at a healthy weight is one of the most important things you can do for their arthritic joints. <ul style="list-style-type: none"> <li>○ Extra pounds mean extra stress on already painful joints.</li> <li>○ Even modest weight loss can significantly improve mobility and reduce pain in overweight dogs with arthritis.</li> </ul> </li> <li>• <b>Environmental modifications:</b> Simple changes to your home can make life easier for your arthritic companion. <ul style="list-style-type: none"> <li>○ Consider adding ramps to help them navigate stairs, providing orthopedic beds for better joint support, and using non-slip flooring to prevent falls and make movement easier.</li> </ul> </li> <li>• <b>Acupuncture:</b> This traditional Chinese medicine technique involves inserting thin needles into specific points on the body. <ul style="list-style-type: none"> <li>○ Many dogs with arthritis experience improved mobility and decreased pain after acupuncture sessions.</li> <li>○ It's best performed by a veterinarian certified in acupuncture.</li> </ul> </li> <li>• <b>Laser therapy:</b> Also known as photobiomodulation, laser therapy uses specific wavelengths of light to stimulate cell regeneration and increase blood circulation. <ul style="list-style-type: none"> <li>○ This non-invasive treatment can reduce inflammation and promote healing in affected joints.</li> </ul> </li> <li>• <b>Exercise:</b> Many dogs with joint problems also benefit from gentle, regular exercise that keeps joints mobile without causing additional stress. <ul style="list-style-type: none"> <li>○ Swimming is particularly beneficial as it provides resistance for maintaining muscle strength while the water's buoyancy reduces pressure on painful joints.</li> </ul> </li> <li>• <b>Heat and cold therapy</b> can also provide relief at home. <ul style="list-style-type: none"> <li>○ Warm compresses may help reduce morning stiffness, while cold packs can soothe joints after activity.</li> <li>○ Always wrap heat or cold sources in a towel to protect your dog's skin, and limit application to 10-15 minutes at a time.</li> </ul> </li> </ul>

<p><b>Surgical Options</b></p> <p><i>Canine Bible</i></p>	<p><b>Surgical Options – Notes/Examples - Canine Bible</b></p> <ul style="list-style-type: none"> <li>• <b>Arthroscopy:</b> Minimally invasive surgery to clean the joint and reduce pain.</li> <li>• <b>Joint Replacement:</b> Minimally invasive surgery to clean the joint and reduce pain.</li> <li>• <b>Arthrodesis (Joint Fusion):</b> Stabilizes a damaged joint by fusing bones together, eliminating painful movement.</li> <li>• <b>Corrective Surgeries:</b> Used in cases of hip or elbow dysplasia to improve alignment, reduce pain, and preserve joint function.</li> </ul>
<p><b>References</b></p>	<p><b>Canine Bible</b>  <i>Arthritis in Dogs: Symptoms, Types, Causes, Signs &amp; Prevention</i>  By Canine Bible August 26, 2025  <a href="https://www.caninebible.com/arthritis-in-dogs/">https://www.caninebible.com/arthritis-in-dogs/</a></p> <p><b>CAM- Canine Arthritis Management</b>  <a href="https://caninearthritis.co.uk/">https://caninearthritis.co.uk/</a></p> <p><b>CARE – Canine Arthritis Resources and Education - Arthritis: The Basics</b>  What does arthritis mean for my dog?  <a href="https://caninearthritis.org/article/arthritis-the-basics/">https://caninearthritis.org/article/arthritis-the-basics/</a></p> <p><b>Pet MD - Dog Arthritis Treatment: How To Help a Dog With Arthritis</b>  By Tiffany Tupler, DVM, CBCC-KA. Reviewed by Veronica Higgs, DVM  Updated Mar. 11, 2024  <a href="https://www.petmd.com/dog/general-health/dog-arthritis-treatment-how-to-help-a-dog">https://www.petmd.com/dog/general-health/dog-arthritis-treatment-how-to-help-a-dog</a></p> <p><b>PDSA - The People's Dispensary for Sick Animal - Arthritis in Dogs</b>  <a href="https://www.pdsa.org.uk/pet-help-and-advice/pet-health-hub/conditions/arthritis-in-dogs">https://www.pdsa.org.uk/pet-help-and-advice/pet-health-hub/conditions/arthritis-in-dogs</a></p> <p><b>The Pet Vet - Arthritis in Dogs: 7 Best Medications for Pain Relief</b>  Written by The Pet Vet Team on April 4, 2025. Posted in Symptoms in Pets.  <a href="https://thepetvet.com/arthritis-in-dogs/">https://thepetvet.com/arthritis-in-dogs/</a></p> <p><b>The Vets - Arthritis in Dogs: Causes, Symptoms, &amp; Treatment</b>  Written by The Vets (formerly BetterVet)  Medically reviewed by Laura Fontana, DVM, Last Updated on 01 / 20 / 25  <a href="https://thevets.com/resources/pet-diseases/arthritis-in-dogs">https://thevets.com/resources/pet-diseases/arthritis-in-dogs</a></p>