

ARTHRITIS

Arthritis is a common, painful condition found mostly in the larger breeds such as German Shepherds and Labradors.

The word ARTHRITIS or OSTEO ARTHRITIS means 'joint inflammation' or 'bone joint inflammation'. As the joints wear the 'articular surface' (moveable part of the joint) becomes uneven and rough causing pain, swelling and sometimes lameness.

You may notice your pet is stiff in the mornings or lame after a long walk. They may be reluctant to go for a walk or sit down in protest half way around their usual stroll. These are all indications of possible Arthritis developing, especially in older animals. Many people think they are just slowing down with age, but often there is an underlying cause.

The good news is this is a treatable condition, more and more research is being put into the use of NSAID's (Non-steroidal Anti-inflammatory Drugs) and the results of these products is considered very good.

NSAID's can be used alongside 'neutraceuticals' such as glucosamine, chondroitin and green lipped muscle. These neutraceuticals work to improve the articular surfaces within the joints, enabling smoother movement of the joint, while the NSAID's reduce the inflammation, thus creating less pain. Using neutraceuticals in conjunction with NSAID's often means a reduction in the required dose eventually.

If you are concerned that your pet may be suffering from Arthritis, please contact the vet and we will examine them fully to diagnose the problem.

Arthritis is a painful condition and can make their life miserable.

Both cats and dogs of any age can suffer with the condition but help is at hand.

Tips for managing Arthritis at home

- Don't take your dog for long walks - 2 or 3 short walks will keep the joints moving and cause less stiffening after exercise
- Use a ramp to get up and down steps in the garden or in and out of the car
- Control the exercise you give, keep the dog on the lead for most of the walk only allowing gentle running off lead for a limited time

- Massage the joints - tips can be found at the surgery for the correct methods of massage - give us a call and we will post you a leaflet
- Allow rest - if he doesn't want to walk don't force him (However don't allow him to not exercise at all as this will make things worse)
 - Book an appointment with the vet for a check up

Pictures for arthritis article



arthritic hip



Left side, damaged hip. Right side, normal hip.