

## Memo: how can I improve my dog's mobility?

### WEIGHT MANAGEMENT



*"To keep my dog's weight in check, I give him quality food in the right quantities."*

### REGULAR, MODERATE PHYSICAL ACTIVITY



*"I keep my dog moving for at least 20 to 30 minutes twice a day."*



### JOINT SUPPORT

*"I regularly check with my veterinarian what I'm giving my dog to help him feel better."*



### ADJUVANT THERAPIES

*"I ask my veterinarian or his nurse for their recommendations."*



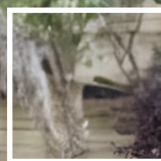
**REMEMBER:** the progression of osteoarthritis is irreversible, but it can usually be slowed down and controlled. Regular management is therefore essential.

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(3) Vasilidis HS & Tsikopoulos K. Glucosamine and chondroitin for the treatment of osteoarthritis. World J Orthop. 2017, 8(1):1-11.  
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**FOR MORE INFORMATION,  
ASK YOUR VETERINARIAN  
FOR ADVICE**

**MY DOG'S MOBILITY**

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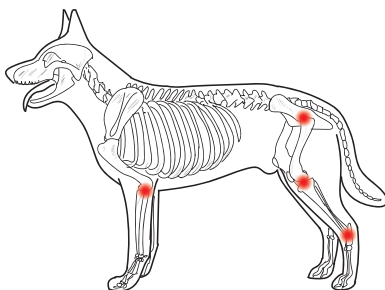
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## DID YOU KNOW ?

From the age of one, one dog in five is affected by osteoarthritis. After 12 years, this increases to nine out of ten<sup>(1)</sup> !

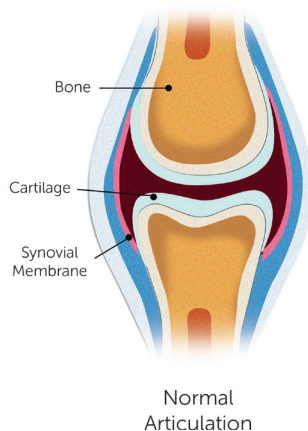


Joint pain is not always expressed by lameness. A reduced desire to play or go for a walk, a reluctance to climb stairs or jump into the car, and a reduced appetite can all be signs of osteoarthritis.

## FROM THE HEALTHY JOINT...

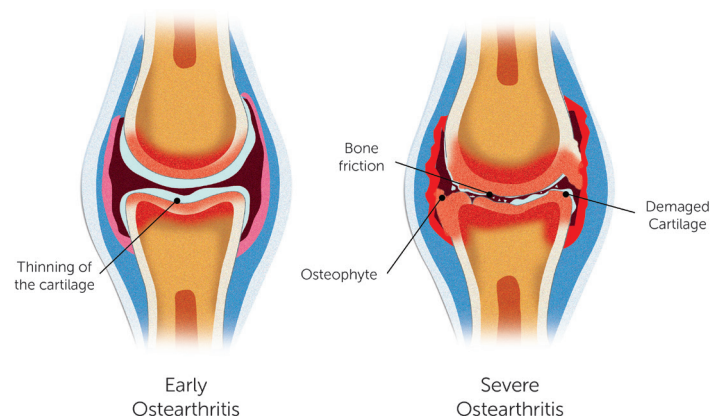
A joint is a junction between two or more bone ends.

Muscles, tendons, ligaments and the joint capsule ensure the stability of the joint. Cartilage absorbs shocks and helps the bones slide against each other. Synovial fluid acts as a lubricant.



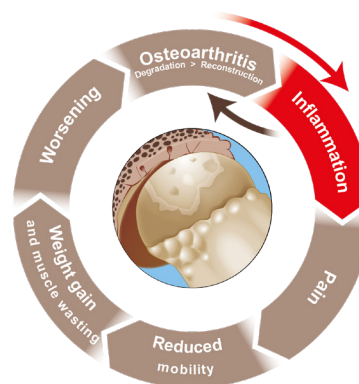
## ... TO OSTEOARTHRITIS

Osteoarthritis is a degeneration of the joint structure. It begins with erosion of the surface layer of cartilage. A cascade of inflammation then sets in, gradually spreading to all the structures in the joint. Areas of erosion and bone growths (osteophytes) appear, because of an imbalance between synthesis and degradation of cartilage and subchondral bone.



## A VICIOUS CIRCLE...

This chronic, irreversible disease progresses and causes pain. The symptoms are initially discreet and inconsistent. At an advanced stage, **stiffness, muscle wasting and a reduced ability to walk** are observed.



## ... WHOSE DEVELOPMENT CAN BE SLOWED DOWN

It is possible to improve your dog's comfort and mobility, to slow the progression of osteoarthritis and relieve the associated pain. Veterinarians recommend acting in 4 areas:

### 1 - Weight

**Overweight and obesity are aggravating factors.** As well as putting added strain on the joints, this leads to a chronic and generalised state of inflammation that can cause imbalances leading to osteoarthritis.

### 2 - Exercise

**Regular, moderate physical activity is essential, even during painful flares.** In particular, it helps to maintain good muscle mass and limit the risk of ankylosis.

### 3 - Joint health

**During flares, anti-inflammatories and analgesics may be necessary.** These will be prescribed by your veterinarian.

**Complete food and feed supplements have been shown to be of interest.** This is the case with essential fatty acids  $\omega 3$ <sup>(2)</sup> and cartilage nutrients (glycosaminoglycans (glucosamine, chondroitin), collagen)<sup>(3)</sup>.

Certain plants are well known for their beneficial action in modulating inflammation, such as meadowsweet<sup>(4)</sup> and harpagophytum<sup>(5)</sup>.

### 4 - Adjuvant therapies

**Physiotherapy, osteopathy, acupuncture, hydrotherapy...** These techniques have really earned their place in the management of arthritic dogs.