



PhysioMy.Dög

Osteoarthritis in Dogs

An Introduction

Guide for Owners & Dog Professionals



HARRIET KITCAT
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ABOUT PHYSIOMYDOG

Harriet Kitcat is the owner and founder of PhysioMyDog. A fully qualified, insured Vet Physiotherapist, specialising in dogs.

Inspired by her Golden Retriever Jenson to change careers, Harriet's mission is to empower owners to help dogs feel and move better.

Harriet was recently acknowledged by the world leader in light therapy solutions, Photizo, at Crufts 2020 for her research into How Physiotherapy Helps Dogs with Osteoarthritis.

Articles also appeared in Animal Therapy Magazine, Complementary and Alternative Medicine (CAM) Magazine, and the local press on the same subject.

For further information on Harriet Kitcat visit <https://www.physiomysdog/about-me>

WHAT IS OSTEOARTHRITIS



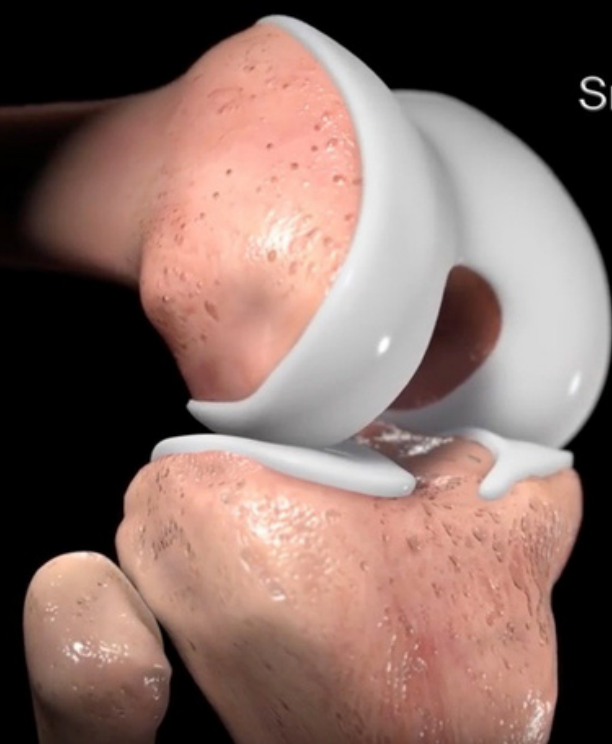
Research shows (Rvc.ac.uk, 2019), osteoarthritis was the most common musculoskeletal disorder recorded by vets. Some referral centres anecdotally suggest between 60-80% of cases are osteoarthritis related conditions. Dogs of any age can have osteoarthritis and the chances increase as dogs age, so it's likely that most have or will be affected.

Any breed can develop osteoarthritis, but some are predisposed such as Golden Retrievers, Labradors, Rottweilers, German Shepherds English Springer Spaniels.

Arthritis is one of the main causes of elective and early euthanasia of dogs in the UK. (CAM 2019).



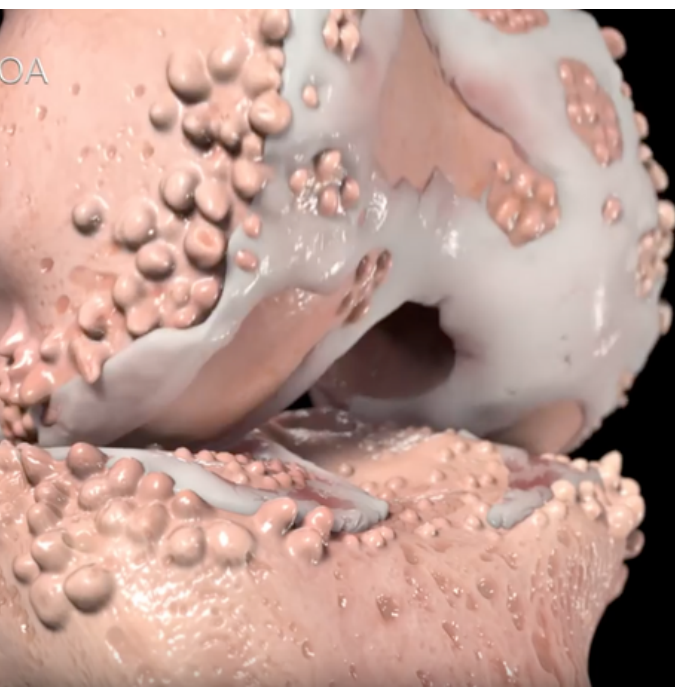
Other research (CAM, 2019) shows that up to 68% of dogs who start to show unwanted behaviour (such as aggression) was because the dog was in pain. But what owners do can have a huge impact. *"It is clear that owners can help too, as by keeping their dogs healthy and fit, and ensuring they don't put on excess weight, their dogs have a better chance of avoiding this condition."* RVC, 2020)



Smooth Cartilage
No Fissuring
Smooth Bone

 bioventus

What Osteoarthritis Looks Like



Osteophytes
Increase
Bone Moves
Against Bone

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WHAT IS OSTEOARTHRITIS

Osteoarthritis is the most common form of arthritis in dogs.

(Other forms include Rheumatoid, Immune mediated & Septic).

Osteoarthritis – sometimes referred to as degenerative joint disease (DJD) or spondylosis if in the spine - is a disease of any joint.

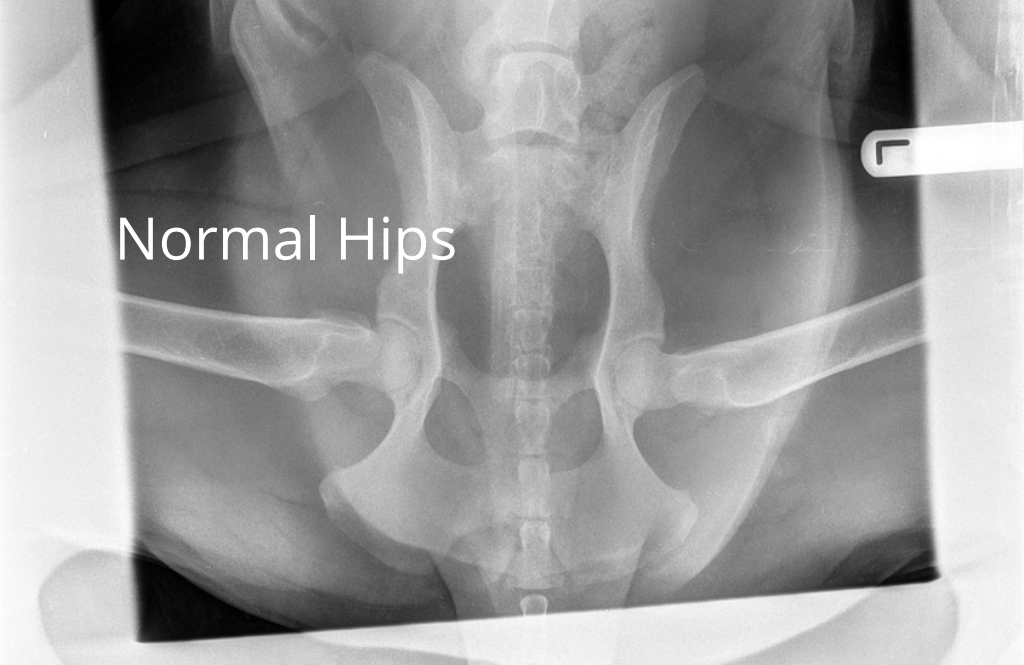
Osteoarthritis is inflammation of the joint with secondary changes that lead to pain and reduced joint movement.

Primary causes include the ageing process, normal wear and tear and some breeds are predisposed to the condition.

Secondary causes are more common, including **joint trauma/surgery - example cruciate ligament or luxating patella, or when a joint has not developed correctly - example hip and elbow dysplasia.**

Dysplasia means “abnormality of development”.

Normal Hips



Hip Dysplasia

Abnormal Joint - Ball coming out
of socket





Hip Dysplasia

The hip joint is shaped like a ball and socket. It's where the thigh bone meets the pelvis. The soft tissues that normally stabilise the hip joint become loose, which means the joint doesn't form correctly.

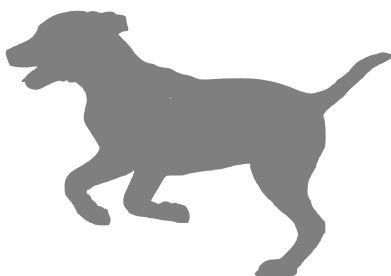
The ball becomes flattened and deformed and the socket becomes more saucer-shaped.

Because the joint isn't formed correctly, it wears away the cartilage and causes pain.

If not already present, osteoarthritis is inevitable.

Hip Dysplasia is the commonest orthopaedic condition in dogs and is usually the cause of hind limb lameness.

It's usual for both hip joints to be affected, with one normally worse than the other.





Elbow Dysplasia/Disease

The elbow is a complex joint where 3 bones meet together.

If these bones don't fit together correctly, it means abnormal force on that joint, cartilage can break down or not form correctly, bone can fissure or fragment, bone can rub on each other - all of which leads to osteoarthritis.

Elbow Dysplasia (sometimes referred to as Development Elbow Disease - DED) is one of the most common causes of forelimb lameness and tends to be the umbrella term for several elbow diseases including

- Fragmented Medial Coronoid Process (FCP) – most common
- Ununited Anconeal Process (UAP)
- Osteochondrosis - OCD
- Medial Compartment Syndrome (MDC)
- Radioulnar Incongruity (RUI)

It's usual for both elbow joints to be affected, with one normally worse than the other.

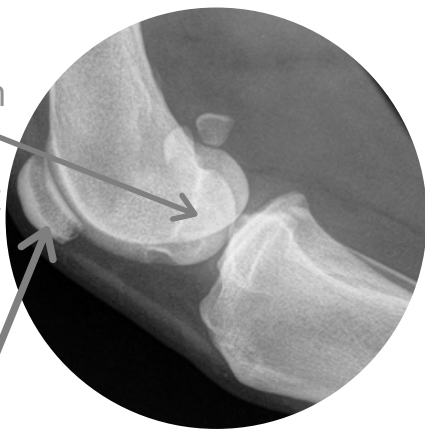




Knee & Spine

Cruciate Ligament Disease

The cruciate ligament is found in the stifle (knee). Through wear and tear or a trauma (leg caught in a rabbit hole) it can tear or rupture. Common signs are sudden hindlimb lameness ie dog on 3 legs, (rupture) or increasing lameness (partial tear)



Luxating Patella (knee cap) can become unstable, which results in it sliding in and out of place, with the dog having a temporary skipping/hopping action.

Depending on different factors treatment for the above can be conservative or involve surgery. Either way osteoarthritis within the stifle joint is inevitable.



Spondylosis

This term is used to describe osteoarthritis in the spine and general description for spine degeneration. The vertebrae start to create extra bits of bone to stabilise the joint.

**Ok, so now you know
what it is, how do you
know if your dog has
it & what do you do
about it?**



Help Your Dog with Osteoarthritis

Lifestyle Management Tips

An Owners Guide



PhysioMy.Dog

eBook

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Help Your Dog with Osteoarthritis

This handy eBook uses bitesize chunks of evidence based information enabling owners to help their dogs. Ideal for all dog owners, not just those who have been diagnosed.

Learn

- What Osteoarthritis is
- What are the signs
- What to look for in movement & behaviour
- Is my dog in pain?
- What owners can do to help identify, slow progression and manage osteoarthritis

Results

- A safe environment for your dog
- Reduce pain levels
- Reduced chance of your dog hurting themselves
- Potentially save money on vet bills
- Boost your dogs wellbeing and quality of life
- Give your dog the best chance of a happy and healthy life
- Some tips deliver almost instant benefits

Age isn't a disease and dogs don't have to suffer in pain or miss out.

Learn more www.physiomy.dog/oebook



eBook - Help Your Dog with Osteoarthritis - Lifestyle

Book Treatment for My Dog



www.physiomy.dog



References

Bioventus

CAM

CARE

PetMD

RVC

Understanding Animals

WSAVA