

HIP OSTEOARTHRITIS FACT SHEET



NAME

WEIGHT

DATE

NEXT VISIT

DESCRIPTION

Osteoarthritis is the progressive and permanent damage to joint cartilage and other joint structures. It may develop as a result of developmental joint disorders (e.g. hip dysplasia), trauma, overuse (e.g. in working and sporting dogs) and obesity.



NORMAL HIP

- The socket of the hip joint has developed normally and is properly positioned. No deformities are present.
- The contact surfaces (of ball and socket) are aligned and there is no shifting of muscles, ligaments or joint capsule.
- The cartilage is healthy and smooth without defects.
- The normal joint structure facilitates normal joint function without clinical signs of pain.



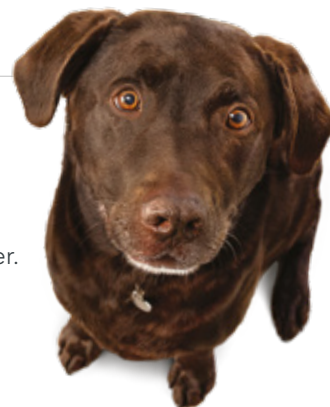
HIP OSTEOARTHRITIS

- In cases of osteoarthritis, there is inflammation and new bone formation in and around the hip joint.
- It is painful for the dog and causes them to change the way they sit, stand and move, and ultimately results in lameness.

HIP OSTEOARTHRITIS

CLINICAL SIGNS

- Lameness, difficulty when getting up and difficulty with stairs.
- The dog may change the way they stand, sit, walk or run in order to limit the pain associated with these positions and movements.
- Painful or stiff joints, which worsen after periods of inactivity, exercise or in cold weather.
- The dog may hide and become aggressive when the affected area is touched. They may be inappetent and lethargic.



TREATMENT OPTIONS

Non-surgical management

- **Weight control** is vital as allowing the dog to become overweight will accelerate the onset and progression of osteoarthritis.
- **Anti-inflammatory drugs** are used to reduce pain and inflammation in the joint, thereby improving the dog's quality of life.
- **Physiotherapy** uses a customised exercise program to improve the dog's clinical signs.
- **Dietary supplements** may be added for different purposes. Glucosamine with chondroitin sulphate supports the joint cartilage. Omega-3 fatty acids are used for their anti-inflammatory properties.

This sort of treatment helps to control the clinical signs of the disease.

Surgical intervention

- **Femoral head and neck excision:** A surgical procedure that aims to restore pain-free mobility by removing the head and neck of the thigh bone.
- **Total hip replacement:** For dogs with osteoarthritis that are not responding adequately to medical management. This involves replacing the joint with a prosthesis.

Surgery is not the first-choice treatment but may be considered in those cases where non-surgical management proves ineffective.



TIPS FOR THE OWNER

- Daily physiotherapy, including gentle, short exercises – as directed by your veterinarian – is beneficial for your dog as it will improve the mobility of the affected limb.
- Keeping your dog's weight under control with an appropriate high-quality diet and calorie restriction is essential to maintaining their joint health and general well-being.
- You can help your dog by using a harness that provides them with support and assistance on walks.
- Environmental modifications, such as a comfortable bed to sleep on, a mat on slippery floors and a ramp or steps to get into the car, will make daily activities easier for your dog.
- Don't forget to use medical treatment to reduce pain and inflammation, and to improve your dog's quality of life.

Please consult with your veterinarian for confirmation of any diagnosis or treatment.

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