

Living Comfortably with Arthritis

Arthritis & Osteoarthritis Management for Dogs

With the right combination of care, most dogs with arthritis can stay comfortable, active, and enjoy a great quality of life.



1 WHAT IS ARTHRITIS?

Arthritis (osteoarthritis) is the gradual wear and tear of the joints. It causes pain, stiffness, and inflammation, making movement uncomfortable.

COMMON SIGNS

- Stiffness, especially after rest or in the morning
- Limping or favoring a leg
- Difficulty getting up, lying down, jumping or using stairs
- Slower walks or less interest in exercise
- Changes in behaviour (less playful, more irritable)
- Licking or chewing at joints
- Muscle loss in affected limbs



Dogs are very good at hiding pain. Early treatment can make a big difference in their comfort and quality of life.

2 WHY EARLY TREATMENT MATTERS



Chronic pain can change your dog's behaviour and reduce their quality of life.



Early management helps maintain mobility and independence.



Keeping joints moving helps preserve muscle strength and support long-term comfort.



DID YOU KNOW?

Dogs with arthritis often slow down gradually, making signs easy to miss.

3 WEIGHT MANAGEMENT

Maintaining a healthy weight is one of the most effective ways to reduce joint stress and pain.



- ✓ Even a small amount of weight loss can significantly improve mobility and comfort.
- ✓ Ask our team for our weight management handout or advice tailored to your dog.

4 EXERCISE & HOME MODIFICATIONS

Gentle movement and a supportive environment help keep joints moving and reduce discomfort.



EXERCISE

Short, regular walks are best. Swimming and hydrotherapy are excellent low-impact options.



PHYSICAL THERAPY

Physiotherapy, massage, and laser therapy may be helpful for some dogs.



HOME COMFORT

- Soft, supportive bedding
- Use ramps instead of stairs
- Keep floors non-slip
- Keep your dog warm in cold weather
- Raise food & water bowls if needed

5 ARTHRITIS MEDICATIONS

Medications reduce pain and inflammation, helping your dog move more comfortably.



NSAIDs

Medications such as carprofen, meloxicam and firocoxib help reduce pain and inflammation.

Use only under veterinary direction. Regular blood tests may be recommended.



CARTROPHEN® INJECTIONS

Helps protect cartilage, improve joint lubrication, reduce inflammation and may slow joint damage progression.

Usually started as a series, then continued monthly. Very safe for long-term use.



KETAMINE INJECTIONS

Helps control chronic pain by acting on the nervous system and reducing pain sensitivity.

Given monthly under veterinary supervision. Often used as part of a multimodal plan.



BERANSA® (BEDINVETMAB)

A monoclonal antibody (bedinvetmab) that neutralises Nerve Growth Factor (NGF) to ease pain and improve mobility in dogs with osteoarthritis.

Given as a monthly injection under veterinary supervision.

6 JOINT SUPPLEMENTS

Supplements support joint health and can complement other treatments.

ANTINOL®



Clinically proven natural joint support that helps reduce inflammation and improve mobility.

4CYTE® (EPITALIS®)

Supports joint repair and cartilage health; may help improve mobility and comfort over time.



ROSE HIP VITAL®

Natural source of antioxidants and anti-inflammatory compounds that may help reduce stiffness and support joint function.

OMEGA-3 (FISH OIL)



Helps reduce inflammation and support overall health.



Supplements work best when given consistently over several weeks. Quality matters – use veterinary-recommended products.

7 MULTIMODAL MANAGEMENT

Most dogs do best with a combination of treatments rather than relying on one medication alone.



MEDICATIONS



SUPPLEMENTS



EXERCISE & THERAPY



WEIGHT MANAGEMENT



HOME SUPPORT



A tailored plan helps manage pain, maintain mobility, and keep your dog's tail wagging.

8 WHEN TO CONTACT YOUR VETERINARIAN

Contact us if you notice:

- Worsening pain or limping
- Difficulty standing, walking or using stairs
- Changes in appetite, vomiting or diarrhea

- Changes in behaviour (aggression, restlessness, general slowing down)
- Any concerns about medications or side effects



9 THE GOOD NEWS

With the right combination of treatments, most dogs with arthritis can continue to enjoy a happy, comfortable, and active life.

Every dog is different, so we will tailor a plan specifically for your pet.

If you have any questions or would like to discuss treatment options, please speak with your veterinary team.



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