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## Creating an ideal life for arthritic/senior pets

- **AVOID slippery floors:** Put carpets throughout the home if you can. Slides and falls can be painful and create flare-ups, as well as make it uncomfortable for them to get up.
- **Limit stairs** as much as possible, especially the slippery ones. Ramps can be helpful to get them comfortably into the car/couch, or up small steps they have to use daily.
- **Get a comfortable orthopedic bed** (esp dogs). Consider memory foam or solid orthopedic foam, as these can help distribute your dog's weight evenly, reducing pressure on sore joints. Get the right size, as too small or too big can be uncomfortable: Measure the height to the top of the shoulders and the length from the chest bone to the base of the tail. Then add around 15 cm / 6" to these dimensions to give a guide to the best bed size for optimum comfort. If in doubt, always choose a larger bed size. Consider covering it with an organic rug to limit their exposure to potential toxins/flame retardants in the bed fabric.
- **Elevated feeders:** Consider if this may be a more comfortable position for your pet to eat and drink.
- **Anti-inflammatory diets** can reduce the inflammation and thereby the severity of their symptoms. Natural antioxidants are important. Discuss with a veterinary nutritionist.
- **AVOID vigorous exercise.** A good warm-up is important if you know they will do more dynamic exercise. Avoid excessive running, pulling and quick turns, as well as jumping and hour long walks. For an arthritic body; frequent and easy exercise is much more beneficial. 6 small walks a day is better than 1 excessively long one. Consider the surface of your walks, where soft surfaces like grass are better than constant concrete walks.
- **Appropriate nail length (esp dogs):** Excessively grown nails can put pressure on their finger joints, causing pain and discomfort.
- **Temperate homes:** Many older pets can be negatively affected by staying in cooler temperatures over time, causing an increase in joint pain and stiffness. If you're living in a cooler home, consider having a heated room with a bed that the pet can access if they like. The same goes for hot areas with poor cooling systems, as excessive heat over time can cause dehydration and discomfort.
- **Physio:** Having solid muscle mass in the right areas can take some tension and pressure away from the joints. Consider visiting a physio to get an evaluation and some exercises to train important muscle groups at home. Maybe even consider hydrotherapy.
- **Supplements:** There are many good joint and mobility supplements out there. They could carry side effects so always consult with your veterinarian. Consider the ones without unnecessary and toxic fillers; clean powders are often ideal. Whole foods are often best whenever possible. Some to consider are; omega3, green lipped mussel (clinically proven effective), turmeric, glucosamine hydrochloride, Boswellia serrata, Devil's claw, SAME, MSM, PEA.  
! Never force your aged pet to consume supplements, as this could potentially decrease their life quality and negatively affect your relationship. Try another type or consider whole food items.
- **Alternative treatment options** to explore: Acupuncture, PEMF, Bemer, stem cells, PRP, arthramid, laser, Adequan, Cartrophen.
- **Keep a pain score:** Find a decent pain score chart for your dog / grimace scale for your cat to keep a track of their pain levels. This will assist in analyzing potential triggers and when you should intervene/medicate.
- **Request pain relief** for acute pain/flare ups from your veterinarian to keep on hand for bad days if needed. Remember that if your pet is on long term pain medication, it is recommended to do frequent blood analysis to monitor their organ functions.

Last but not least - hug them, make them feel included, and enjoy your invaluable pain-free time together!