



canine arthritis  
management

**HOW TO EXERCISE AN ARTHRITIC DOG**

# ARTHRITIS AFFECTS YOUR DOG'S ABILITY TO EXERCISE

When your dog suffers from arthritis it can significantly influence their ability to exercise happily and comfortably. It's important to note that they may cloak their disability as a consequence of many factors, and it may not be overtly obvious to us as pet owners until crisis point is reached. Subsequently, we aim to highlight subtle signs that can help identify an issue early.

Discomfort due to arthritis can present in several ways:

- Less, or short-lived enthusiasm to go for a walk.
- Soon into the walk they slow down and become distracted.

- Being focused on walking rather than interacting with you.
- Being beside or behind you on the lead rather than upfront.
- Sitting down or laying down to recover while out.
- Panting more than usual.
- A plodding gait rather than a spring in their step.

This list is not exhaustive and is designed to introduce you to the concept that a change in behaviour on your routine walk can be a sign that they are *coping* rather than thriving.





# LONG WALKS OR LITTLE AND OFTEN?

Long walks or high impact exercise can aggravate arthritic joints. They can also damage ligaments that are strained due to lack of support and muscles that are weak and compromised.

Other associated complaints that can arise as a consequence of compensation, such as painful backs, sore shoulders or stiff necks can lead to them struggling to complete activities they may have been comfortable and capable of undertaking months or years before.

Advising an owner of how much exercise to do with an arthritic dog can be very difficult, as every case is different, and

some exercise everyday is essential. For this reason it is common for your vet to recommend *little and often exercise*, but what does this mean?

**This booklet aims to help you figure out what *little and often* means for you and your dog.**







# BUT FIRST...

It is very frustrating and disheartening for an owner who is used to walking their dog for an hour on a set route once, twice or even three times a day to have to reduce this much loved time.

Daily exercise not only provides positive physical and psychological benefits for dogs, it also does the same for the owner.

It can be very difficult to accept what is good for you, is no longer good for your dog.

It is also easy to bury your head in the sand, unwilling to accept that your planned life with your dog must be adapted, or that you are further down your dog's timeline.





# CHANGE, NOT STOP

This booklet has been created with dog and owner in mind, giving ideas and useful tips on how much, how often, when and where to exercise your dog, to maximise the good stuff, physical exercise, psychological fulfilment and stress relief. But it also aims to minimise the negatives of over-exercise, such as muscle fatigue, painful joints, worsening compensatory pain, further injury and disease progression.

We hope to show you that you only need to **CHANGE, NOT STOP!**

We have another booklet to guide you through *enrichment* called “*How to have a happy dog without the long walks*”.

It complements this booklet and is full of ideas for things to do during *down time*.

Enrichment means making your dog’s life as full as possible through increased mental activity, rather than relying solely on physical activity.

These ideas can also be helpful when managing particularly energetic breeds who you find *never get tired*.

# “MANAGING THE OWNER IS GENERALLY HARDER THAN MANAGING THE DOG”

Hannah Capon 2017

Dogs generally live day to day. They don't hold grudges and are very accepting of gentle changes to routine.

Owners are often not so easy.



We all have busy lives, with tight schedules, and often it leaves little room to manoeuvre routines.

Some owners find changing their dog's exercise routine difficult because:

- It fits in with their scheduled day i.e. a certain route before work, a certain walk to collect the kids from school, etc.
- It fits in with their wish to exercise themselves, so doing less distance and decreases in difficulty will not allow owners to fulfil their own needs.



- A certain spot that the owner and dog love to walk in, is a set distance away that must be conquered first.
- As an owner you may rely on this time of the day to de-stress and relax.
- The dog has good days and bad days and the owner never knows until they are too far down that routine walk, so moderation can be challenging.
- Changing exercise routine means only one thing to the owner... that their dog is getting older and is on the decline so they avoid acknowledging it.



# CHANGE IS GOOD

These reasons, no matter what they are, have to be considered and addressed otherwise habits, routines and established behaviours will not be modified, but they need to change sometimes.

The first section of this booklet is designed to give you as an owner the tools to accept:

- Change is good for you and your dog.
- Change is achievable without huge disruption to the rest of your life.
- Change doesn't mean you are a bad owner; it means you are a great owner.
- Change doesn't mean decline; it simply means modification.
- Without change, there will be decline.

Through education regarding this disease, you can understand why changing routines regarding exercise is an essential part of managing your dog's pain, and is essential in slowing the progression of this painful disease process.



# COMMON MISCONCEPTIONS...

It is a common misconception that you need to walk and run your dog to satisfy their exercise needs in order for them to have a good quality of life.

A simple comparison would be tiring children. This can be achieved both physically and mentally. A tough day at school can be as hard for a kid as a game of football.

Also, consider your own experience. A day in a stressful office with a long commute is not physically taxing, but certainly mentally exhausting.





# ENRICHING YOUR DOG'S EXERCISE ROUTINE, NOT REDUCING IT

Adjusting the wording of your intended *change* will help you understand and persuade yourself of the intention, which will aid you get on with it and achieve it.

You may be *reducing the distance or decreasing the difficulty of the walk*, but you're *increasing the pleasure of the walk, through minimising discomfort*.

Remember reducing the length of the walk doesn't need to reduce the time you spend with your dog. Instead you can allocate the time to reaching a comfortably achievable distance, and then watch the world go by together, or do some simple exercises or games.



Choosing not to go on a routine walk one day as you feel they are showing signs of discomfort can be replaced with playing scent (find it) or gentle retrieve games.

Changing your perception of what your dog needs is paramount when deciding on their required exercise routines.

# COMMON MISCONCEPTIONS...

- Dogs are an athletic species and will lose their fitness if you reduce their length of walks, or control the amount they do.
- Dogs know themselves and can self regulate their needs to best affect.

Yes, dogs are an athletic species, but so are we. Unfortunately, even though we are considered an intelligent species, we have an obesity epidemic that shows even we cannot self-regulate for our own health.

They also are not very good at self-moderation and will often continue to undertake behaviours that cause significant pain and exacerbate their

osteoarthritis, because their overriding desire to sit next to you on the sofa, or have your undivided attention on that walk, is higher than their aversion to the pain induced.

Guidance is required to help our dogs reach old age in the best shape that they can.



# BREEDS vs ACTIVITIES

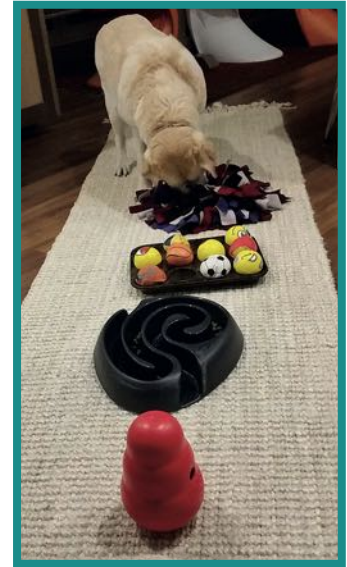
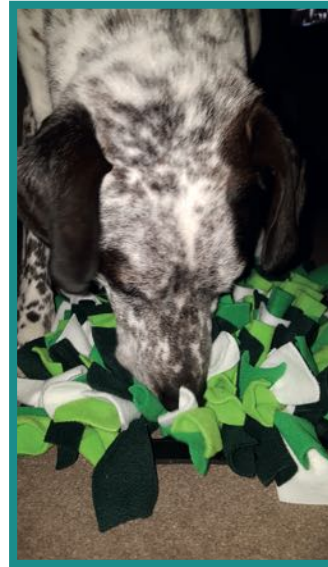
The athletic drive of the dog, and more specifically the breed of the dog, must be considered when managing their lifestyle.

Exercise routines can be tailored to maximise their pleasure without risking injury through over-exercise or the implementation of inappropriate kinds of exercise.

**Herding breeds** will get greater pleasure from retrieve and recalls.

**Scenting breeds** can derive immense pleasure from seeking highly scented toys from hidden spots.

**Chasing breeds** may enjoy hide and seek games.



By changing the type, terrain and length of the walks, you are likely to improve their fitness both physically and mentally. When approaching the exercise management of a dog with osteoarthritis we want to ensure it is always functional but fun.



# COMMON MISCONCEPTIONS...

- High intensity game playing, ball chasing, rough and tumble make a dog very happy, while believing that happiness cannot be created with other controlled calmer games, such as 'find it'.
- We often hear *"That they wouldn't do it if it hurt"*.
- The perceived level of enjoyment in the dog, controls the owners actions regarding exercise choice. Consequently we feel the excitement that is created through repetitive, high impact games is the best quality of life that an owner can give that dog.

Sadly, this is not true, it is now commonly believed that such activities induce the opposite to high levels of happiness and actually cause physiological stress, mental and physical exhaustion.

During high energy exercise, transient excitatory brain chemicals are released which then play a big role in the dog's willingness to keep playing and exercising even when they are tiring. These chemicals temporarily conceal the pain and repetitive damage that certain stressful high-intensity movements create.

# PHYSICAL CAPABILITIES

A dog's ability to tolerate repetitive high-stress and impact activities depends on their physical fitness and stamina which develops over time, and with training.

Dogs physically equipped to deal with the acceleration, braking, twists and turns can manage these routines, but still often succumb to injury.

A dog less well equipped is likely to behave with the same energy, vigour and obsession, but physically they are less well equipped to cope with the stresses and strains and thus may damage and injure themselves.

A dog with painful joints, surrounding soft tissues and musculature are also likely to react in the same way, but will inflict further damage to the already compromised and diseased joints.



# COMMON MISCONCEPTIONS...

- Adapting to *slowing down* means *the good days are over* and you're preparing for the final stretch.

Some owners fear that reducing or adapting routine exercise will initiate and encourage the beginning of the end, and that by *pushing on through* you can fight the effects of ageing.

Some people would consider the above as elements of anticipatory grief or premature bereavement.

We are aware of the deep bond owners have with their pets, and the prevalence of a fear of the end, but by making adjustments to your dog's lifestyle, it may be possible to delay this. If you are

experiencing this fear, we would advise you to talk about it, and seek further advice and guidance from your veterinary professionals.





# HOPEFULLY WE HAVE ALLAYED SOME FEARS, BUT NOW WHAT?

The determination that we gain from wanting our dogs to have more years is a brilliant attitude to harness when used correctly. **#yourdogmoreyears**

But, without appropriate understanding, it can lead to over-exercising of dogs that may not have the capability to complete the tasks set, leading to fatigue and injury.

Exercising an arthritic dog is not prescriptive, but a changing picture.

Some days more, some days less, as capability and pain state changes.

Learning to be able to read your dog's physical capabilities and emotional state, will allow you to *cash in* on the good days and minimise harm on the bad days.

Look for postural, behavioural changes and utilise ease of transition between sit, stand and lay down assessment as some primary indicators of how your dog may be feeling on a day-to-day basis.

# IT IS AN ALL TOO FAMILIAR SITUATION

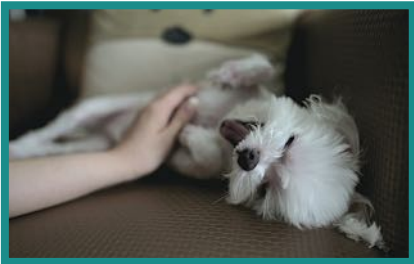
A more holistic approach to medicine and disease management is commonplace in human medicine, but less so in veterinary medicine.

A human heart disease sufferer would be encouraged to lose excess weight through healthier eating, and to increase appropriate exercise as well as taking heart medication.

A diabetic would be encouraged to lose excess weight that would inhibit the

effectiveness of their insulin, eat more healthily to try and maintain good blood sugar levels to minimise the insulin required, and by adapting mealtimes and food quantities.

An asthmatic would be encouraged to stop smoking, or breathing in irritant air, lose any excess weight, and take up appropriate exercise to reduce dependence on drugs to dilate the airways.



# WE KNOW THAT POPPING PILLS OFFERS A FRACTION OF THE ANSWER TO MANAGING DISEASE

Most medical interventions are not able to guarantee effect, and they can come with potential adverse effects.

The same applies to your dog's arthritis.

We know that by modifying exercise, minimising habits and routines that put inappropriate physical stressors on the body, weight loss, and a multi-modal approach to pain control, we can achieve long-lived outcomes with minimal side effects.





For more information specific to pharmaceutical pain management or rehabilitation therapies, please see other booklets in our range.

Managing a dog's exercise programme and play time is an essential part of this holistic, whole patient approach to disease management.

So, we know a massive influence on getting the exercise requirement correct is addressing the owner.

As owners we develop rituals over time. We share our lives with our dogs, and these include feeding, exercise and sleeping habits.

Sometimes these habits develop in order to fit in with our busy lifestyle.

Sometimes these habits develop because the result demonstrates that choice was correct for your dog. For example the owner sees their dog having great fun coming back tired from a 20 minute ball throwing session, and we perceive that means our dog has derived a great deal of pleasure from that activity.

This makes these habits harder to break, and new routines harder to implement.



**Don't forget that changing long-established habits is not easy.**

# HOW MUCH, HOW OFTEN, WHAT TERRAIN, WHAT WEATHER, WHAT ACTIVITIES?

Your exercise routine with your dog is unique.

Be it the area you walk, the terrain you trudge across, or the activities that you do on the walk.

The condition your dog has is unique.

Where the arthritis is located, how many joints are affected, how severe it is, whether they have other sources of pain from compensatory changes, is individual to your dog.

So, your exercise plan will also be unique.

It is impossible to offer people a set universal plan of how to exercise an arthritic dog, but we can teach you how to create your own, tailored to your dog.







# SOME BASIC ADVICE TO START

1. There are highly skilled professionals that can tailor a plan to suit you and your dog. They can advise you on how physiotherapy, and other complementary therapies would work with your dog, as well as guide you regarding exercise. Ask your vet practice for people they would recommend.
2. Understanding how your dog *communicates* their pain state to you is essential to tailoring an exercise plan. The disease is progressive and it fluctuates, so choosing the right type and amount of exercise will vary and you must be able to react accordingly.



3. The discomfort of arthritis can be improved with exercise, or worsened with exercise. Appreciating how influential exercise is, and dedicating time to utilise it appropriately with a structured daily exercise programme and therapeutic activities, can be very influential.
4. It is not ethical to force exercise on a dog in pain. It will not facilitate good results, and will probably make things worse. Ensuring your dog's pain state is minimised by the use of medications, supplements and other therapies will reap better rewards.
5. Make sure your plans are achievable, accessible, safe, and fun, otherwise you won't stick to them



# RULE 1

## **Exercising an animal in pain is not ethical and will lead to further damage.**

Expecting them to exercise *through* the pain is not logical as they will adapt posture to minimise the painful experience, and are likely to create further compensatory problems.

All animals will express their pain, but many don't obviously show it. This may be because of survival instinct, or they don't understand there is a solution to their pain; instead they adapt and cope.

It is often harder to see discomfort on an exciting walk because the majority of this time a dog's brain is full of

happy hormones (endorphins) that will temporarily block pain. This means an owner has to be aware of how they were a few days before, how they were after the previous walks (i.e. stiff and slow, or supple and full of enthusiasm), and how they were at home before the walk began.

Over time it will become easier to read your dog, and how much they can comfortably do each day.





Using observational markers will enable you to more accurately *read* how your dog feels so you can tailor your daily exercise to suit.

These observational markers have a technical name, 'Client Specific Outcome Measures' (CSOM). This means you select some daily behaviours and activities that your dog has started doing, does differently, or has stopped doing, that you can visually monitor with ease and these will help you assess their pain state.

The more you observe, the more accurate your picture of how your dog feels will be.

For example, Holly the flagship CAM dog had very clear observational markers.

**On a day when she was uncomfortable and exercise was hard...**

- Her tail would remain down with little expression.
- Her back would arch, instead of being flat.
- Her head would be hung low instead of mid-range and excited.
- Her ears would be back rather than forward with enthusiasm.
- Her back legs would “whisk” rather than stride out.
- Her walk would be slow and plodding, rather than springy and enthusiastic.

Please visit [www.caninearthritis.co.uk/downloads](http://www.caninearthritis.co.uk/downloads) for more information on using this method to monitor your dog.

## RULE 2

**Exercise quotient (length and difficulty) changes regularly and we need to be willing to change with it.**

We know from human reports that the signs and pains associated with arthritis wax and wane no matter what you do, which means good days and bad days are inevitable.

We also know that arthritis presents with periodic acute flares, some triggered from inappropriate activities, and some just occur. During these periods exercise needs to be reduced and pain medication may need to be added.

By utilising your observational markers/CSOM you will be able to read what your dog is capable of doing comfortably.



Because your dog will have *good days* and *bad days* (which is less or more frequent depending on how severe the arthritis is), you should include flexibility in your exercise routine. This may mean choosing routes that you have the ability to *short cut* or turn around and come back.

Have routine routes that are more gentle initially to ensure they warm up, and where you are able to observe whether they are likely to complete the route.

Be flexible with your plans. This may mean you can walk for longer some days, or cut short others.

Remember arthritic dogs do not always need less exercise but modified, lower impact exercise. For example a dog

previously being exercised twice daily for 20 minutes off the lead, may benefit from three 10 minute lead walks, as this helps prevent overexertion and fatigue.

If your dog really enjoys off-lead work, perhaps allow a small amount in the middle of the walk, but make sure this is sandwiched between a thorough warm up and cool down (on-lead).





## RULE 3

**Consider your terrain**, because walking on uneven, unpredictable surfaces, through tall grass, thick undergrowth or a sloping surface is harder work than walking on flat ground with short grass.

Challenging terrain at the wrong time may lead to a dog tiring more quickly, and in the less able, may result in injury.

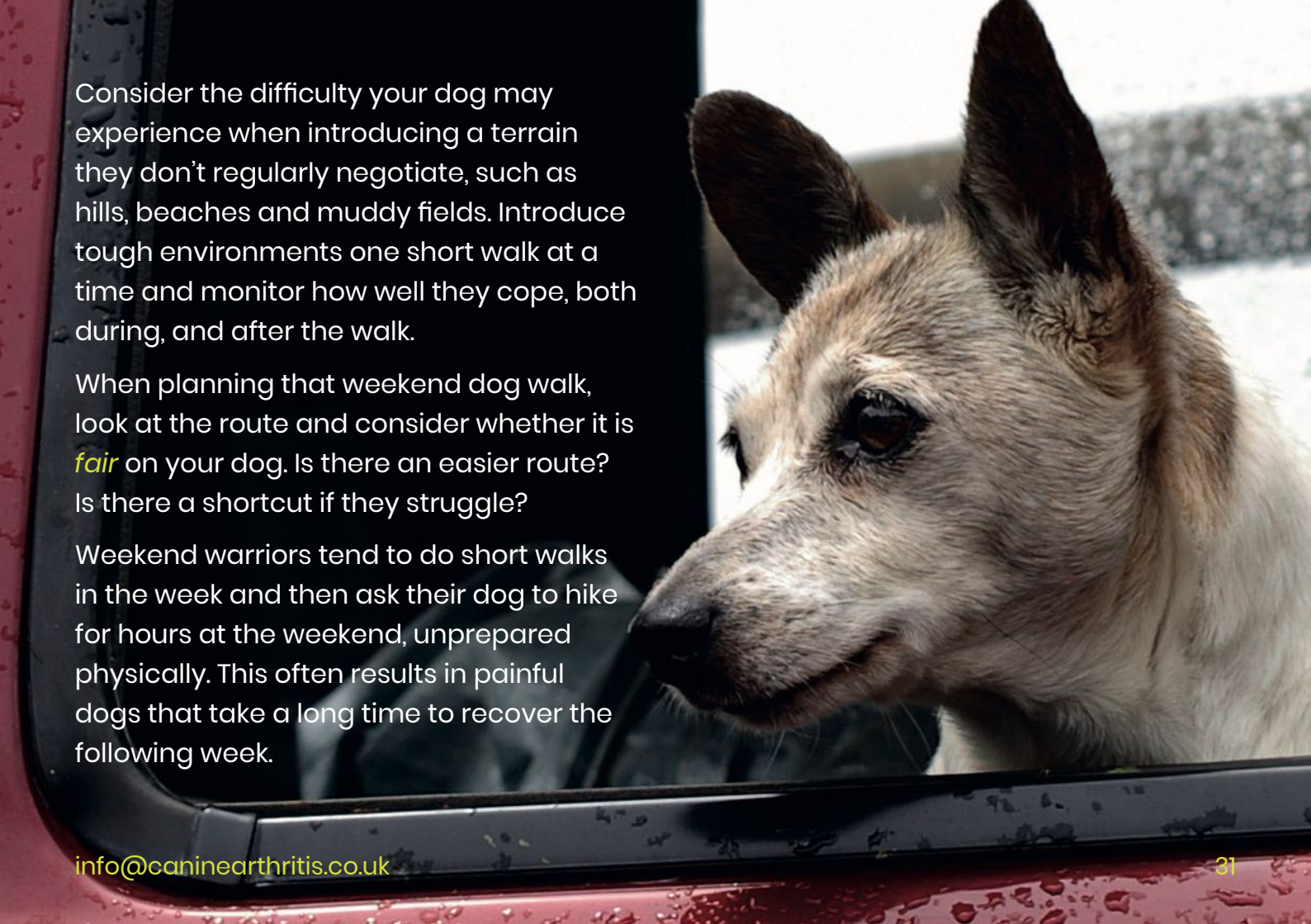
Many dogs have osteoarthritis in their digits (feet/toes), so unstable surfaces like gravel, excessive tree roots and sand can be very difficult to negotiate without exacerbation of osteoarthritis.

For dogs struggling with their mobility, we advise avoiding unpredictable difficult

surfaces as they do not have the ability to react well to unexpected stumbles, and are liable to injure themselves.

It is safer to slowly build up your dog's exercise quotient on flat to slightly sloping, moderately soft ground and then progress to increased gradients and tougher terrain over time.





Consider the difficulty your dog may experience when introducing a terrain they don't regularly negotiate, such as hills, beaches and muddy fields. Introduce tough environments one short walk at a time and monitor how well they cope, both during, and after the walk.

When planning that weekend dog walk, look at the route and consider whether it is *fair* on your dog. Is there an easier route? Is there a shortcut if they struggle?

Weekend warriors tend to do short walks in the week and then ask their dog to hike for hours at the weekend, unprepared physically. This often results in painful dogs that take a long time to recover the following week.

## RULE 4

### Consider the weather.

As we all know, joints can feel stiffer in the cold, while fatigue tends to occur faster in the heat. Thinking about the weather, and the effects it may have, can make huge differences in planning your exercise.

*Little and often* is a great rule for the weather too. Don't let the rain stop you going out, it may make some surfaces easier to walk on, just be sure to think about the weather and pack appropriately. Utilise coats to keep your dog warm and dry where necessary.





# WHATEVER THE WEATHER

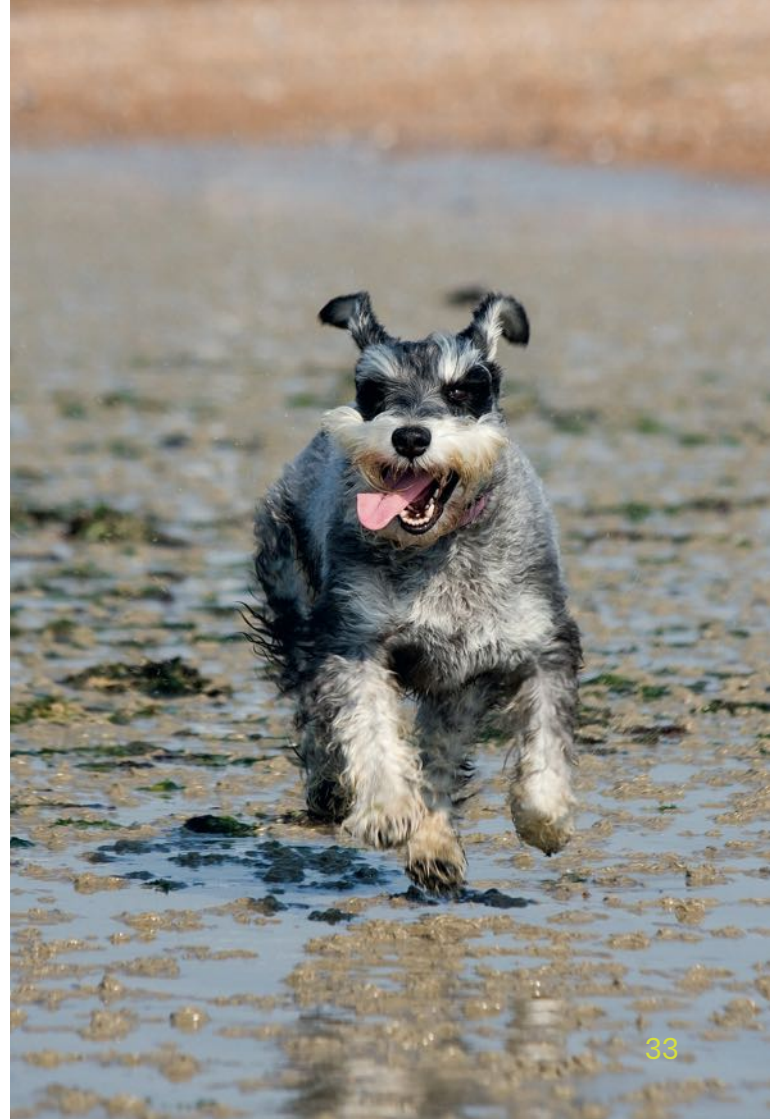
Consider the weather's effect on the environment you are walking in:

Once solid dry mud paths can quickly become bog-like and be much harder to walk on.

Nice soft gentle mud tracks can become unpredictable and uneven when the hot sun dries them out.

Rain can make the soft sand of your local beach firmer, and easier to walk on.

Snow can mask an unknown surface. What appears flat on the surface, could easily collapse underfoot and reveal a rocky, or uneven path.



# CONSIDER THE ACTIVITIES THAT YOU DO WITH YOUR DOG ON A WALK

Does your dog enjoy meeting other dogs?

This interaction can commonly appear to put a spring in their step and, before you know it, they are chasing each other around the field. This activity often results in all parties panting, slightly wobbly and just needing to lie down.

Dogs live in the now and that extends to when they are in the park too. The excitement of seeing another dog will allow them to forget their aches, pains and capabilities, and they will run around until they hit *the wall* of pain and muscular fatigue.

They want to live in the now, and we want them to live forever, so a compromise must be made.



Everyone loves to play games with their dog. These positive interactions are great mentally and physically. But, you must be aware of the physical after-effects your choice of game may have.

Ball, frisbee, stick, stone, toy throwing in most cases will *heighten* your dog, which means they will become very excited. This causes a flood of happy hormones to hit the brain and any discomfort they feel will *be out the window*. They are likely to push themselves beyond what their body finds comfortable, and this may result in a very sore dog later in the day, and for a few days afterwards.

Choosing less *heightening* games and activities may sound dull, and you may feel that you are reducing your dog's

happiness. You are not. You are simply modifying what you do together. You are making the sensible choices your dog is unable to make for themselves. A good analogy would be - a young child finds playing with matches fun and exciting - but you wouldn't let them keep doing it for fear of injury.





# MORE ABOUT THESE HAPPY HORMONES...

Happy hormones such as endorphins, dopamine, norepinephrine and serotonin make us feel good.

These happy hormones are released during excitement, exercise, and games, and they block pain receptors in the brain.

But they are not long lasting, and therefore post-excitement, exercise, or games, you may experience the feeling that your dog *overdid it* as they seem to have reverted to becoming slow and stiff.

Noticing it after the event is too late. Being proactive and predicting when your dog is likely to be in a position to over-do

things, and moderating them, is a better approach to pain management.

Let's be proactive rather than reactive.



# HOW WE CAN USE THESE HORMONES TO OUR ADVANTAGE?

While the happy hormones can often disguise the discomfort that a dog may be in while on a walk, they can also be utilised to your advantage when you have a dog that is suffering from arthritis, and is in chronic pain.

By removing highly exerting physical activity and replacing with fun, low energy games, these hormones will still be produced. They'll act as natural pain relief and a distraction for your dog from their pain.

CAM strongly believes owners should be encouraged to schedule in daily gentle games, interactive feeding, and therapeutic exercises to utilise these happy hormones to best effect.

# WHAT ABOUT APPROPRIATE EXERCISES ON THE WALKS?

Osteoarthritis begins within the joint, but after months, or even years, the pain becomes more widespread, involving the muscles and soft tissues of the limb, and globally throughout the body. As a consequence of pain, adaptations to muscle recruitment and posture occur frequently, resulting in the development of compensatory pain far from the diseased joint itself.

As arthritis is painful, the dog will choose to bear less weight on the joint/limb and

the muscles won't get used effectively and start to waste.

Without strong effective muscles acting like scaffolding around the joint, it becomes unstable and even moves in a less supported manner, sometimes in directions it wasn't designed to go.

This creates more pain, and progresses the vicious cycle.

More pain, less use, more muscle wasting, more instability, more pain, less use and so on.



Addressing the muscle and soft tissue wasting through encouraging them to use it and not lose it, will increase joint stability, reduce unwanted movement, reduce pain and promote limb use, which will build more muscle strength and function.

Sounds great doesn't it.

But what are appropriate exercises, and do they take a lot of training and time?

Therapeutic exercises can be simple or complex depending on what your dog is capable of doing.

All dogs can benefit from controlled exercise if it's gentle, and some of these exercises may be very simple.

Implementing physio-therapeutic exercise need not take very long, can be incorporated into your daily exercise routine and can replace that longer walk when they are showing signs of not coping.



# THE SCIENCE BEHIND HOW TO PROTECT THOSE MUSCLES AND MAINTAIN JOINT STABILITY

In simplistic terms, the skeleton and muscles, with the aid of tendons and ligaments create a pulley and lever system that facilitates movement. Nervous impulses initiate skeletal muscular contraction resulting in movement of bones at articulating points. Strength of individual muscles determines the power of contraction and subsequent ability to flex and extend legs and maintain posture.

When dogs move, their muscles contract/shorten. These are referred to as 'isotonic contractions' and allow a dog to run and jump.

Another important type of muscle contraction is 'isometric contractions', which are tiny, almost non-visible movements within the stabilising muscles that work around the joints.

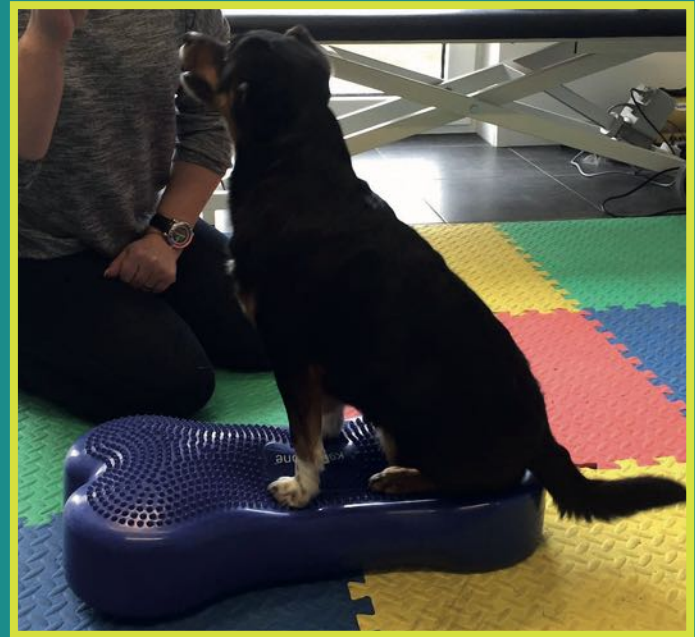


These isometric contractions occur during small movements, such as where the dog is asked to re-adjust their posture, like during a gentle weight shifting exercise.

By adjusting their centre of mass during a weight shifting exercise, the dog has recruited core stabilising muscles. They have also recruited muscles of the limb when appropriate loading was encouraged, which is beneficial for building stability around the joints, as even these subtle repetitive contractions and relaxations of the muscles can help build strength.

Core stability is important. Imagine the dog as a suspension bridge. The forelimbs hold up the head and neck, the rear limbs keep the pelvis elevated and their bum in

the air, but what about the middle? This is the core and it relies on muscles of the abdomen and back working together to maintain balance and stability.





## WHAT AND WHEN?

Seeking guidance regarding what exercises would be appropriate for your dog and your routines is a great starting point, and worth every penny.

A physiotherapist will be able to advise you on appropriate smaller, less-demanding exercises that will keep your dog fit without causing concussion on your dog's compromised joints. This will eventually provide your dog with more stable core muscles and improved joint stability.

By engaging your dog in alternative controlled and functional activities such as therapeutic exercises, you and your dog are likely to relax due to a release of happy hormones.



# LESS IS OFTEN MORE

1. Simply standing square for increasing amounts of time will work core muscles. Consider implementing this exercise for 10 seconds and then increase each day until your dog can comfortably stand for extended periods of time.
2. Stepping over 6-8 poles widely spread on even predictable ground encourages your dog to pick up their feet and place them thoughtfully. This is a great low impact gentle exercise, which can be incorporated into a walk.
3. Leaning for a treat in a stand is a great weight shifting exercise that uses those core and joint stabilising muscles. Doing a gentle lean 5 times a day for a morsel

of their daily food ration may prove beneficial.

It is advised you seek the help of a qualified person to help you create your own therapeutic exercise plan that fits into your budget, availability, capability and family life.



# OTHER FORMS OF EXERCISE

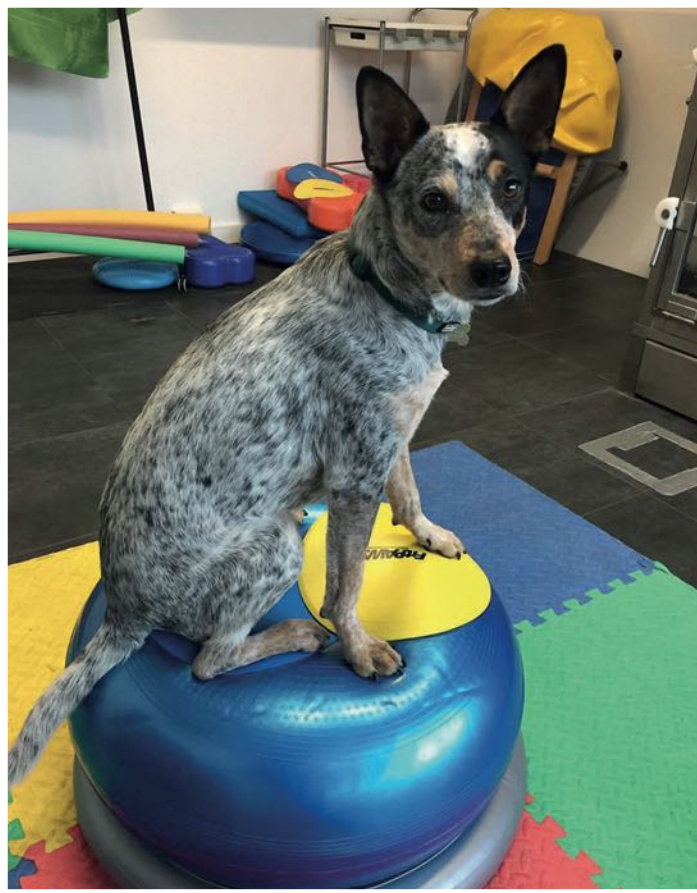
As well as adapted exercise moderation, alternative games and physio-therapeutic exercise, some dogs may benefit from hydrotherapy.

This is especially useful when an arthritic dog is very sore, or overweight, as hydrotherapy is an excellent form of non-weight, or limited load bearing exercise. Just standing in warm water has physiological benefits and engages the sensory system, while promoting core stability.

Exercising in water allows the dog's cardiovascular system to work hard without the same concussion through their joints they would experience when working on land.

Please remember, as well as physical effort, a new environment and the levels of concentration required during hydrotherapy often results in dogs becoming very mentally tired after a session.







# WE HOPE THIS ADVICE HELPS!

This book is intended to provide owners with the information they need to make good decisions for their dog and themselves.

A massively enjoyable part of dog ownership is the pleasure of walking, running and being active with your dog.

We want you to be able to maintain that active life together for as long as possible. We hope to do this by aiding you to make informed decisions to adapt the quantity, frequency, and type of exercise your pet receives. We appreciate that this is a challenging undertaking and managing a patient with osteoarthritis is hard.

But, by embracing some changes to our attitude as pet owners, through improved understanding, and by acknowledging that sometimes we are much better at protecting their welfare and recognising their pain than they are, we can hopefully all have **#yourdogmoreyears**



## CAM WOULD LIKE TO THANK...

Jenny French for sponsoring the production of eight of our CAM booklets in memory of her late husband, vet – Peter Hanlon.



Dedicated to the memory of Peter George Hanlon 1969–2019. Pete qualified as a vet from Glasgow university in 1991 and moved down south to start his career with small animals. Working in Bedfordshire then Hertfordshire for many years before moving to Cambridgeshire with his family in 2004. Father to three boys, keen cyclist, coffee lover and the most amazing vet you could

ever meet. For those that knew him, loved his straight-to-the-point attitude. He cared so much about his patients, their welfare was always his priority. Arthritis management was something he dealt with most days, keen to improve awareness and treatment to give his patients the best possible care.

Missed by so many every single day.



The intention of CAM is to provide resources to help change owners, vets and the public's perception of how to diagnose and treat chronic pain in animals, which will then lead to improved lives for the dogs and their owners.

Find out more online...

[info@caninearthritis.co.uk](mailto:info@caninearthritis.co.uk)

[www.caninearthritis.co.uk](http://www.caninearthritis.co.uk)



Canine Arthritis Foundation is our free online community for owners and professionals to discuss all things canine arthritis related and more.

Sign up for free and come and join the conversation.

[www.cam-foundation.co.uk](http://www.cam-foundation.co.uk)

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