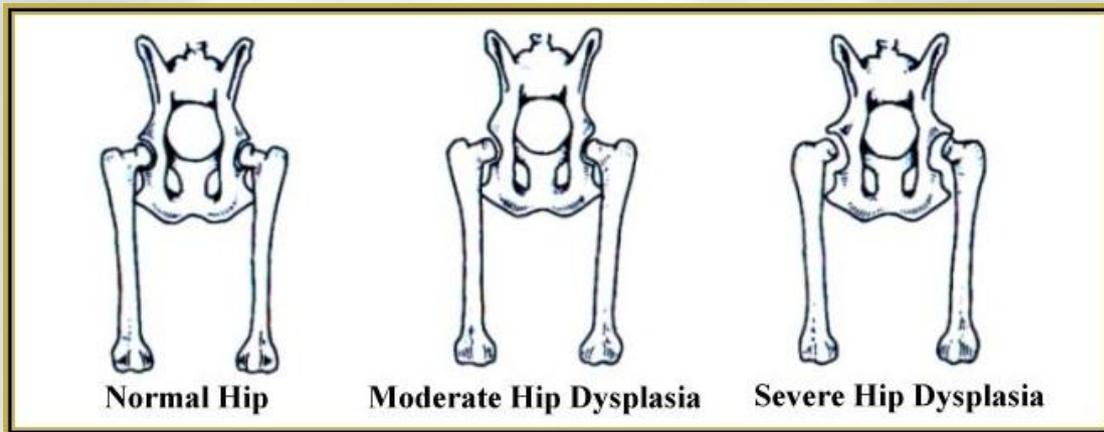


Hip dysplasia

- few points to help you manage your pets condition



What is hip dysplasia?

Hip dysplasia is an inherited condition of the hips that leads to degeneration (degrading) of the joints. It is a complex disease in which there is a progressive degrading and remodelling of the joint and surrounding bone which causes pain for the animals often after heavy exercise or early morning pain and stiffness. It has been said that 1 out of 2 large breed dogs will suffer a form of hip dysplasia. The following points will provide you with a few points for you to consider in managing the pain in the joints, these involve non-surgical treatments as well as surgical treatments.



Non-surgical

- **Weight loss** – Any weight over the average recommended breed weight that a pet carries, places more pressure and force on the hip joints, this excess force leads to accelerated joint degradation and more pain, it is recommended that if your pet is overweight he/she should be enrolled in a weight control program – here at Vetland we have a weight loss program developed and run by our Veterinary sister, please do enquire at reception with regards to this.
- **Exercise** – Exercise is very important to allow for the development of good strong muscles around the hips these muscles will provide extra support to the joints limiting excessive forces on the joints. It is important that exercise be limited to short daily controlled leash walking, do not allow excessive strenuous exercise such as running or jumping these strenuous exercises are high impact and place excessive forces on joints. Swimming is the best form of exercise and comes in the form of specialised hydrotherapy or making use of the pool at home to provide supervised swimming exercises; swimming not only strengthens muscles but also places no stresses on joints. Remember that pets should always be supervised when swimming to prevent drowning.
- **Pain medication** – The use of pain medications can be used to help your pet during those times of excessive pain for example animals who have had a hard days unexpected exercise or those who suffer more severe forms of the disease. These medications commonly called non steroidal anti-inflammatories are available in once a day tablets or twice a day tablets, please do remember that these

- should be used only on occasions of excessive pain and not on a continuous daily basis. Please ask us with regards to dispensing these medications.

- **Natural products** – Various natural products are available which has been show to be both anti-inflammatory and able to help regenerate healthy cartilage in the hips and elbows. Products such as “GCS dog, Mobiflex, Gerivet” are specially formulated powders to help with hip and elbow dysplasia. Optimal success is more likely in combination use with Effazol or Mirror-coat: oils which contain omega 3 & 6 fatty acids which are not only good for the skin but also for the joints. All these products are available from your vet or vet shop.



- **Diet** – By placing your pet on a diet specifically formulated for joint conditions will help support damaged cartilage and the regeneration of new cartilage in the affected joints and at the same time ensuring that your pets nutritional needs are taken care of. Diets available include *Hills j/d* or *Eukanuba Joint Mobility*. Both these are available in our vet shop.

Surgical

There are a few surgical options available that have been developed to change the angle of the hip joints and so by allowing the hip joints to “perform at their best” most of these procedures are specialist procedures that need special equipment and expertise, should your dog be a suitable candidate and you are interested in having these done for him/her please do ask so we can put you in contact with specialist surgeons.



- **Pubic symphysodesis** – A procedure done on young patients only (not older than 9 to 10 months old) where the join between the two halves of the pelvis are fused prematurely to alter the conformation of the hip joints allowing better joint alignment and limiting joint degeneration. Please remember that this procedure will not cure hip dysplasia but only limit is progression.
- **Triple pelvic osteotomy (TPO)** – A procedure only done in patients with mild hip dysplasia and in patients not older than 1 and a half years old. In this procedure the pelvis in modified using various cuts in the bones of the pelvis as well as bone plates and screws to change the conformation and alignment of the hip joint for better joint function and limiting joint degeneration. Please remember that this procedure will not cure hip dysplasia but limit is progression.
- **Femur head and neck resection** – A procedure performed on older patients with moderate to severe hip dysplasia, the procedure involves cutting the femur (the long bone making up the hip joint) at its top half so that the body can form a new false joint in the place where the femur bone was cut. This procedure is painful in the short run but has good results in the long run with correct after care, effectively curing the hip dysplasia condition.
- **Total hip replacement** – This procedure is done on animals where there is severe hip disease and no other options exist for treatment, a very expensive and invasive procedure but with the correct surgical technique and after care one can expect a fully functional pain free hip joint.

If you have any inquiries about the above products or procedures or need more information please do not hesitate to contact us or speak to one of the doctors on duty.

