

# 50 TIPS TO HELP YOUR DOG TO WALK, RUN AND PLAY LIKE THEY USED TO

Dietary, Exercise and Treatment Advice For  
Dogs With Hip, Joint and Mobility Problems



**STEVEN HOURSTON**

## **Copyright © 2015**

All rights reserved. No part of this book may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recoding, or other electronic or mechanical methods without prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

This book is not intended as a substitute for the medical advice of veterinarians. The reader should regularly consult a veterinarian in matters relating to their pet's health and particularly with respect to any symptoms that may require diagnosis or medical attention.

## Table of Contents

Introduction .....	6
Dedication .....	7
The Hidden Epidemic .....	8
How Your Dog's Joints Work .....	9
The 5 Early Warning Signs .....	10
Tip 1: See Your Veterinarian.....	10
Tip 2: Carefully Monitor High Risk Breeds.....	10
Tip 3: What's Your Dog's "Human Age"? .....	11
How Healthy is Your Dog's Diet?.....	13
Dogs on a Controlled Diet Live Longer .....	14
Tip 4: Never Use Breed Weight Charts .....	15
Tip 5: Is Your Dog is Overweight?.....	15
Tip 6: Identify Your Dog's Ideal Weight.....	15
Tip 7: Is Your Dog Eating the Nutrients they Need? .....	15
Tip 8: Check Their Weight Regularly .....	16
Tip 9: Control Portion Size.....	17
Tip 10: Don't Believe Manufacturers' Recommended Portions.....	17
Tip 11: Include All Snacks .....	17
Tip 12: Earn Every Snack .....	17
Tip 13: Control the Growth Rate of Larger Breed Puppies .....	18
Tip 14: Give Senior Dogs Fewer Calories .....	19
Healthy Supplements.....	20
Tip 15: Give Your Pet Omega-Rich Fish Oil .....	20
Tip 16: Choose the Best Source of Omega-3 Fatty Acids .....	20
Tip 17: Beware of Misleading Fish Oil Labels .....	20
Tip 18: Choose Independently Tested Oils.....	21
Tip 19: Choose Cold Pressed Oils .....	21
Tip 20: Help Sensitive Tummies.....	21
Tip 21: Give Your Nose a Break .....	21
Tip 22: Repair and Rebuild Their Joints with a Glucosamine Supplement.....	22
Tip 23: Get Faster Results .....	22
Tip 24: The Secret of Success.....	23
Tip 25: Roll Back The Years.....	23
Exercise: Fit for Life .....	24
Which Breed Group Does Your Dog Belong To? .....	25

Tip 26: Agree on an Exercise Plan with your Vet.....	26
Tip 27: On-Leash Exercise .....	27
Tip 28: Off-Leash Exercise .....	27
Tip 29: Safe Play.....	27
Tip 30: Use Play to Reward Behavior .....	29
Tip 31: Swimming.....	29
Physical Therapy.....	31
Tip 32: Acupuncture.....	31
Tip 33:Chiropractic Treatments.....	31
Tip 34:Hydrotherapy .....	31
Tip 35:Therapeutic Exercises .....	32
Tip 36:Passive Range of Motion Exercises (PROM).....	32
Tip 37:Grooming.....	33
Tip 38: Time for a Bath .....	33
Medication .....	34
Surgery .....	35
How Painful is Your Home?.....	36
Tip 39: Make Your Home More Comfortable.....	36
10 Products to Make Life Easier For Your Dog.....	37
Tip 40: Vehicle Ramps .....	37
Tip 41: Pet Stairs .....	37
Tip 42: Orthopedic Beds.....	38
Tip 43: Elevated Beds .....	38
Tip 44: Bed Warmers.....	38
Tip 45: Elevated Bowls.....	39
Tip 46: Hind Limb Harness.....	39
Tip 47: Dog Boots .....	40
Tip 48: Dog Diapers.....	40
Tip 49: Share the Products That Have Helped Your Pet .....	40
Help Your Friends.....	41
Tip 50: Do You Know a Dog Who May Be in Pain? .....	41
25% Discount Code for You and Your Friends .....	42
Rejenease on Amazon.....	43
Omegease on Amazon .....	45
Woof Woof.....	47
Appendix .....	48

Breeds with a Hereditary Risk of Joint Problems.....	48
References .....	51

## Introduction

Thank you for downloading this eBook.

The purpose of this book is to share the treatments and practices that have enabled thousands of dogs to live an active life despite suffering with hip and joint problems.

You'll find 50 life-changing tips to help your dog to roll back the years and walk, run and play just like they used to. Please let me know at [steven@finestfordogs.com](mailto:steven@finestfordogs.com) those that work best with your pet.

You'll also find a [discount code](#) for my two health supplements, [Rejenease](#) and [Omegease](#). Veterinarians recommend Rejenease because it works so well in helping dogs with hip and joint problems.

Omegease is an omega-rich fish oil supplement and more than 27,000 published studies have shown omega-rich fish oil to have an almost miraculous range of benefits for dogs (and their owners!).

Veterinarians recommend these supplements because they are so effective. They also believe that it's important to consider other treatments and practices. Dogs respond best when these are combined into an individual plan to manage their condition. Please use the 50 tips in this book to help to improve your dog's quality of life.

As you can imagine it's a privilege to supply products that have transformed the lives of so many dogs. Most days I'm lucky enough to open emails with wonderful stories about these transformations – it always makes my day to read them.

If you have any great tips to share, then please let me know, so I can include them in this book.

Thanks,



Steven Hourston  
Finest For Dogs  
[www.finestfordogs.com](http://www.finestfordogs.com)

## Dedication

Just after my tenth birthday, Morris joined our family.

He was a big puppy, and he got bigger and bigger, and as he grew so did our bond. It began when we first saw each other; he was snuggling with his brothers and sisters. We didn't know which of these beautiful Bernese Mountain Dogs to choose. Then he chose us with a little yelp. When we heard his name was Moritz, he had to be the puppy for us because my mom's maiden name was Morris. And so Moritz became Morris, the most special dog in the world.

Unfortunately, his breed is prone to joint problems. The memory of his discomfort and suffering as he aged inspired me to search for natural supplements that would help other dogs.

This book is dedicated to his memory. Its aim is to help improve the quality of life of any dog suffering with hip and joint problems.

You'll also find some more stories about Morris.



## **The Hidden Epidemic**

Millions of dogs in the USA struggle with stiff, painful joints.

20% of adult dogs (older than 1 year) suffer with osteoarthritis, pain and inflammation in their joints. That's bad enough, but as dogs age the rate increases, so that a staggering 80% of all dogs aged 8+ are afflicted [1].

**Osteoarthritis is the number 1 cause of chronic pain in dogs.**

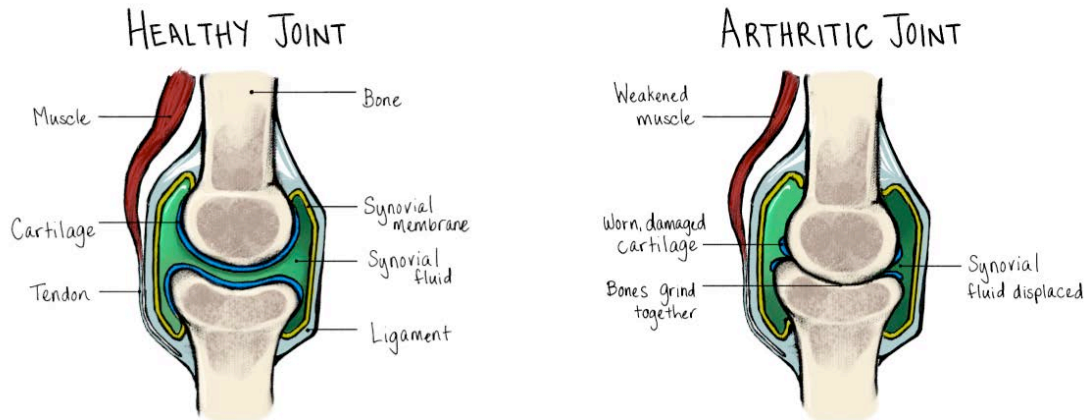
It's also known as degenerative joint disease and is caused by deterioration of joint cartilage, which results in chronic joint inflammation and pain. It's irreversible, meaning it can't be cured, so life-long treatment is required.



## How Your Dog's Joints Work

A joint is like a hinge where two hard, rigid bones meet.

For a joint to work properly the bones need to be able to move smoothly. Synovial fluid, cartilage, ligaments, muscles and tendons facilitate this movement.



Dogs start to suffer joint problems (osteoarthritis) when their cartilage begins to wear out faster than it is replaced. It becomes thinner, giving less protection as the bones move in a joint.

Further wear or damage to the cartilage causes the bones to begin to grind against each other. This results in inflammation, pain and restricted motion. Over time the joint may lose its shape and become deformed. Fragments of bone and cartilage may break off and float inside the joint space, causing even more pain and damage.

## The 5 Early Warning Signs

Osteoarthritis develops slowly, making it easy to miss the early symptoms. Unfortunately your dog's natural lust for life makes it even harder, because they love being active and will continue to walk, run and play despite being in pain.

Our dogs can't tell us when something's wrong so it's up to us to spot the symptoms:

1. Look for any signs of stiffness, particularly when getting up from rest, even if they appear to warm up quickly and move normally.
2. Do they show any reluctance when jumping into or out of your car? Are they wary of climbing stairs?
3. Do they sleep and rest more?
4. Are walks taking a little longer?
5. Do they seem to find certain positions uncomfortable and take longer to settle?

Remember that these symptoms develop very slowly, gradually impairing their mobility.

**Never assume these symptoms are the normal signs of ageing.** It's an easy mistake to make, but one that allows osteoarthritis to cause more damage.

### Tip 1: See Your Veterinarian

The moment you notice any of these symptoms in your dog, it's time to see your veterinarian. This is the first and strongest recommendation in this book. Always involve your veterinarian as soon as possible.

As James Cook DVM PhD, the director of the Comparative Orthopedic Laboratory at the University of Missouri-Columbia states:

*"Have your veterinarian evaluate your dog's joints at least every year to see what's going on. A lot of these things we can prevent from becoming a big problem if we catch it early enough. We can work on strengthening the body and avoid surgery altogether".[2]*

**Early treatment slows the progression,** protects dogs from unnecessary pain and discomfort, and prolongs their quality of life.

### Tip 2: Carefully Monitor High Risk Breeds

Some breeds have a higher risk of inheriting joint problems. Generally these are larger purebred dogs. If your dog belongs to one of these breeds (see appendix 1) then you should be extra vigilant in checking for the early signs of joint problems.

Most modern breeds of dogs originate from the late 19<sup>th</sup> Century. For example German Shepherds are a relatively new breed of dog with an origin dating back to 1882.



The pioneering breeders of modern dogs achieved their distinctive appearance by selecting dogs with the traits they desired. This meant dogs were bred from a small gene pool, limiting the breed's genetic diversity. Inbreeding increased the chances of puppies being born with the desired traits. However it also increased the chance of them suffering from genetic disorders.

The American Kennel Club Canine Health Foundation publishes information about the breeds that *may* have a higher risk of inherited joint problems. These breeds are listed in appendix 1.

### **Tip 3: What's Your Dog's "Human Age"?**

Forget the 1 human year = 7 doggy years rule of thumb because larger dogs have shorter lifespans than smaller ones.

If your dog is aged 7 or over then assume its joints are arthritic. If 7 years old sounds too young to you, then have a look at the chart that converts "dog years" into "human years".

If your dog were human how old would it be?

### Relative Age of Dogs in Human Years

Dog's Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Dog's Weight	0-20 lbs.	7	14	21	28	35	40	44	48	52	56	60	64	68	72	76	80	84	88
	21-50 lbs.	7	14	21	28	35	42	47	51	56	60	65	69	74	78	83	87	92	96
	51-90 lbs.	8	16	24	31	37	45	50	55	61	66	72	77	82	88	93	99	104	109
	over 90 lbs.	9	18	26	33	41	49	56	64	71	78	85	92	99	106	113	120		

 Growth  Senior

The giant breeds of dogs begin their senior years at 6 years of age, just 2-3 years after they've stopped growing.

Older dogs have weaker joints. Their ligaments are looser and their muscles weaker, providing less protective support. Years of activity have taken a toll on their cartilage and bones. Many older dogs are overweight, which adds to the pressure on their joints.

Joint conditions like Hip Dysplasia often become visible during a dog's middle years and worsen with age.

Even if a dog in their senior years is showing no symptoms of joint pain, many veterinarians recommend they be given a daily, preventative dose of a joint supplement like Rejensease.

#### Morris and the Burglar

We were burgled one night as we slept. Dad forgot to close a window (boy did he get feedback for that mistake). When the police came to the door, Morris did his usual trick of leaping up and trying to set a world record for the noisiest bark.

"How could your house have been burgled with a dog like that?" They were as confused as us. Fortunately the burglar left a trail of clues and was quickly caught. "I remember that house", he said, "I had to step over a massive sleeping dog". Morris had many qualities, but being a vigilant guard dog wasn't one of them.

## **How Healthy is Your Dog's Diet?**

52.6% of US dogs are overweight or obese according to a study [3] carried out by the Association for Pet Obesity Prevention (APOP).

Overweight dogs suffer from joint problems at an earlier age. Their extra weight increases the stress on their joints, accelerating their decline and causing more intense pain.

Veterinarians know that dogs at the correct body weight live longer and significantly delay the onset and severity of aged related conditions, particularly osteoarthritis. If your dog is overweight your veterinarian will recommend a diet plan.

## Dogs on a Controlled Diet Live Longer

Here's some compelling evidence from a 2007 study [4] into the effects of diet on dog's health. The researchers studied 48 Labrador Retrievers over 2 decades, beginning their study when they were 8-week-old puppies. All the puppies came from just 7 litters. Brothers were paired with brothers, and sisters with sisters, meaning they had a similar genetic profile and risk of developing inherited disorders. Each pairing had puppies of a similar weight. In this way the researchers effectively eliminated any factor other than diet from their study.



Each puppy was fed exactly the same diet. One randomly chosen puppy in each pairing was allowed to eat an unlimited, or free choice, amount of food during their 15-minute daily feed. The other was given 25% less food for its entire life. Every other aspect of their lives was identical, the only variable being their food intake.

The diet-restricted dogs (25% less food) lived almost 2 years (1.8 years) longer, reaching an average age of 13 years. It's not surprising that the dogs on the restricted diet weighed less and had lower body fat. But they also delayed the onset of late life diseases, especially osteoarthritis.

This study only involved Labrador Retrievers, but it's compelling enough for veterinarians to conclude that all dog owners must control the weight of their pet.

**If you want your dog to live longer, enjoy a more active life and delay the onset of age related diseases, you have to control their weight.**



## **Tip 4: Never Use Breed Weight Charts**

Never rely on a dog breed weight chart to assess whether your dog is overweight or not. The weight ranges are too wide because they account for differences in sex, size and build.

For example the weight range for a healthy adult male Great Dane is 120lbs to 200lbs. The weight range for a Chihuahua is 2lbs to 6lbs. In both examples, a smaller dog with a light build would be severely overweight if their weight was at the top of the range.

## **Tip 5: Is Your Dog is Overweight?**

Answer these questions to help to identify if your dog is overweight.

- Do you have difficulty feeling your dog's ribs?
- Is there little or no 'waist'?
- Do you give your dog table scraps or leftovers?
- Are they reluctant to exercise?
- Do they seem to tire easily with activity?
- Does your dog waddle when it walks?
- Do they keep eating so long as there is food in the bowl?
- Have you been told your dog is overweight?

It is likely that your dog is overweight if you answer, "yes" to one or more of these questions.

## **Tip 6: Identify Your Dog's Ideal Weight**

The best person to identify your dog's ideal weight is your veterinarian. They can identify if obesity is a risk factor for joint problems in your dog. Once you know your dog's ideal weight it's important to weigh them regularly so you can adjust their diet if they are developing a "fat gap".

- What is your dog's ideal weight?
- How does that compare to their current weight?
- Is there a "fat gap"?

The easiest way to weigh small dogs at home is to:

1. Weigh yourself
2. Pick up your dog and weigh them and yourself
3. Subtract the smaller weight from the larger to give your dog's weight

Never risk injuring yourself to weigh your dog. Most veterinarians will gladly weigh your dog.

## **Tip 7: Is Your Dog Eating the Nutrients they Need?**

Your dog needs protein for growth and repair and fats for energy and insulation. Dogs are descended from wolves so their bodies are adapted to efficiently process animal-based proteins and fats. They cannot digest vegetable protein as efficiently. Choose chicken, lamb, beef, turkey and fish as the source of protein and fats for your dog.



### How Healthy is Your Dog's Diet?

Their diet must also include carbohydrates, essential amino acids, minerals and vitamins.

Dogs can't digest and release the nutrients from grains and cereals like corn, soy and wheat. In fact grain-based diets cause health problems like chronic itchy skin, coarse coats and ear infections.

The source of these nutrients is your choice, whether they are freshly prepared at home or a branded dog food. Choose high quality dog foods that use named protein sources like chicken or beef, not "meat" or "poultry". The protein should have a guaranteed analysis of 30% or more with fat at 18% or more. The labels should also list the named fruit and vegetable ingredients that provide carbohydrates, minerals and vitamins. There should be no food coloring.

### **Tip 8: Check Your Dog's Weight Regularly**



Adult dogs should be only be given the amount of food that maintains them at their ideal body weight. You should agree the ideal weight for your unique dog with your veterinarian. Once agreed, you may need to weigh your dog several times a week and make small adjustments to their portions until you find the amount of food they need to maintain their target weight. Then keep a monthly track of their weight and make small adjustments when necessary.

### **Tip 9: Control Portion Size**

All larger dogs have a tendency to overeat, so their portions need to be controlled. It's particularly important to control the growth rate of larger breed puppies. Those that overeat and grow too rapidly put enormous stress on their young bones, ligaments, tendons and joints, often causing lifelong damage.

### **Tip 10: Don't Believe Manufacturers' Recommended Portions**

If you feed your dog a high quality dog food, don't be surprised if your dog needs less than the recommended portion for their weight. One of the main reasons so many dogs are overweight is that their owners feed them the recommended portion. If your dog's overweight, ignore the manufacturer's instructions and reduce their portion size. If you are unsure, get your veterinarians advice on the correct portion size for your dog.

### **Tip 11: Include All Snacks**

It's vital to include *all snacks* in your dog's daily food intake.

### **Tip 12: Earn Every Snack**

Don't just give your dog a treat or snack. Make them work for them to improve their obedience or to reward them for responding to simple commands. Another way to give a snack is to stuff a food puzzle toy like a Kong with healthy treats.



Kongs are made of hard rubber with holes at each end. Your dog will have to paw, lick, nibble, shake, and roll the Kong to get their treat. The effort keeps them engaged, easing boredom.

Start with easy-to-get treats like their kibble so they learn what to do and don't give up. Then make it harder by wedging chunks of fruit or veggies inside. Get creative with healthy snacks and leftovers. You can freeze snacks like a broth into a Kong.

Then let your imagination run riot with combinations of healthy snacks like peanut butter (always a favorite), eggs, apples, sweet potato, kale, oatmeal, carrots, broccoli, cheese, and cooked rice. Mix in leftover beef, chicken and salmon. It may seem gross to us but dogs love it.

Always remember to include these snacks in your pet's daily food intake.

[See Kong on Amazon](#)

*You'll find a few links in this book to products on Amazon. I have included them because I have either used them or believe they may help your dog based on their reviews. Amazon pays a small commission if you choose to buy products using these links.*

### **Tip 13: Control the Growth Rate of Larger Breed Puppies**

Puppies need a higher energy intake than adults to fuel their growing bodies.

The smaller breeds of dog, weighing 20 pounds or less at maturity, can be fed free-choice. Their food can always be available so they can choose when to eat. Most develop good eating habits and don't eat too much.

All larger dogs have a tendency to overeat, so their portions need to be controlled. It's particularly important to control the growth rate of larger breed puppies. Those that overeat and grow too rapidly put enormous stress on their young bones, ligaments, tendons and joints, often causing lifelong damage.

## **Tip 14: Give Senior Dogs Fewer Calories**

Dogs weighing over 50lbs are regarded as senior from the age of 6. The body composition changes in senior dogs as they become less active and their metabolism slows. They still need a protein-rich diet, but with fewer calories to prevent weight gain.

### **Stopping One Stink with Another**

Morris had a loose stool problem. Berneses are big dogs, so it was quite a big problem! Our vet couldn't find the cause. We thought we'd tried everything until a "friend" suggested tripe. Worse they insisted it had to be green tripe, fresh from the animal and dripping with juices. It couldn't be cooked because that destroyed the goodness (I still struggle to see any goodness in tripe). For some reason my mother insisted on giving Morris his meal at the same time as we had ours. Morris loved it and never had tummy problems again. But what a stink – I almost preferred the loose stools!

## Healthy Supplements

Most veterinarians recommend nutritional supplementation for their patients with osteoarthritis and joint problems. They also encourage the pre-emptive use of supplements in breeds that are more likely to develop joint disorders.

**Two supplements are particularly effective:**

- [Omegease](#), a pure wild fish oil, rich in omega fatty acids
- [Rejenease](#), a glucosamine supplement

### **Tip 15: Give Your Pet Omega-Rich Fish Oil**

More than 27,000 published studies have shown omega-rich fish oil to have an almost miraculous range of benefits for dogs (and their owners!).

The Omega-3 fatty acid, eicosapentaenoic acid (EPA), is a proven natural anti-inflammatory, which relieves arthritis. Another Omega-3 fatty acid, docosahexaenoic acid (DHA), promotes better brain and eye development in fetuses and in puppies.

Those two benefits are just the tip of the iceberg. Check out these others:

- Improves skin and coat condition
- Thickens fur and reduces shedding
- Increases endurance and heart health
- Boosts the immune system, reducing allergies
- Improve cognitive function in older dogs
- Helps dogs with kidney disease
- Lowers blood pressure and triglycerides
- Fights cancer
- Helps with Inflammatory Bowel Disease
- Lubricates and supports healthy joints

### **Tip 16: Choose the Best Source of Omega-3 Fatty Acids**

There are two types of Omega-3 fatty acids. EPA and DHA are long-chain Omega-3 fatty acids found in sardines, mackerel, herring, anchovies, salmon and black cod. A less potent, short-chain Omega-3 fatty acid, alpha-linolenic acid (ALA) is found in plants, such as flaxseed. **Always choose fish oil omega supplements.**

### **Tip 17: Beware of Misleading Fish Oil Labels**

Too many fish oil supplements contain poor quality ingredients, the labels are misleading and the dosage instructions are incorrect. Researchers have found products where a dog would need to be given **5 or 6 times the label dose to get a beneficial amount.**

**The veterinary recommended dosage for dogs and cats is 180mg of EPA and 120mg of DHA per 10 pounds of body weight per day.**



### **Tip 18: Choose Independently Tested Oils**

Check that the oil has been independently tested for heavy metals, microbial content and other contaminants, because not all are screened for toxins.

**Many veterinarians prefer fish oil that comes from wild, non-predatory, smaller fish like anchovies, sardines, herring and mackerel.**

### **Tip 19: Choose Cold Pressed Oils**

The most effective way to extract the omega fatty acids from fish is by “cold pressing”. This produces high quality concentrated oil. The other method involves boiling the fish, which damages the fatty acids resulting in higher concentrations of saturated fats and reduced potency.

### **Tip 20: Help Sensitive Tummies**

Some dogs with sensitive tummies need to gradually adjust to having fish oil added to their diet. Start small and gradually build up the daily dose.

### **Tip 21: Give Your Nose a Break**

Some fish oils have a very strong smell. High quality oils are less likely to.

[Omegase Special Offer Link](#),

### **You Let Doggy Drive Car?**

My 4-year-old niece Laura stayed over with us one night. Dad came home and said he'd nearly been killed in a car crash. He'd been on a road trip with a friend and a crate fell off the back of a truck. The crate bounced on the road just in front of them and missed my dad's head by about 2 feet.

"Who was driving?" asked my mother.

"Morris" replied dad.

"MORRIS! You let doggy drive car???" exclaimed 4-year-old Laura, eyes popping out of her head.

Helpless laughter delayed a response. Finally with tears rolling down his cheeks my dad managed to say, "Not that Morris; my friend, Morris".

### **Tip 22: Repair and Rebuild Their Joints with a Glucosamine Supplement**

You may be doing this already if you got this book because you bought Rejenease.

Glucosamine supplements are recommended for:

- any older dog showing signs of joint discomfort, pain, stiffness or reduced mobility.
- any active, middle aged dog
- young dogs belonging to breeds with a history of hip and joint problems

A healthy dog's joints are protected by cartilage which acts like a cushion between the bones in a joint. Dogs' joints take a pounding as they run, jump and play and their cartilage constantly needs to be repaired and replaced.

Dogs make Glucosamine naturally, but as they get older they produce less and their cartilage begins to wear out faster than it is replaced. It becomes thinner, giving less protection as the bones move in a joint. Further wear or damage to the cartilage causes the bones to begin to rub against each other resulting in inflammation and pain.

Rejenease gives dogs the extra cartilage they need to maintain healthy joints. The best glucosamine supplements have additional ingredients like Chondroitin Sulfate, Methylsulfonylmethane (MSM) and Hyaluronic Acid. These multiply the benefits of glucosamine.

### **Tip 23: Get Faster Results**

If your dog is already showing signs of hip or joint discomfort then begin with a "loading dose" of Rejenease. Simply double the recommended dose on the label for your dog's weight and give this dose for 4 weeks. This is perfectly safe because your dog's body naturally makes the supplements found in Rejenease - the problem is they don't make



enough. A "loading dose" quickly restores the balance by giving your dog the supplements it needs to repair its joints. After 4 weeks reduce the amount to the recommended dose on the label.

### **Tip 24: The Secret of Success**

Your dog needs the right amount of Rejensee every day to repair and maintain their joints. Try and make it a habit to add Rejensee to your dog's meal or water. Giving them their daily dose consistently is the secret to success, especially in the first 4 weeks. After that a regular daily dose gives them the nutrients they need for long-term joint health.

### **Tip 25: Roll Back The Years**

Many owners can't believe the improvement in their pet's mobility. Some start to notice improvements in just 7 days and see a dramatic difference after 30 days. Whilst this is amazing to see, we recommend carefully monitoring your dog's activity. Gently increase their exercise as their mobility and stamina improve.



## **Exercise: Fit for Life**

We've learned from the restricted diet study that controlling a dog's weight prolongs their lifespan and delays the onset of age-related diseases. The other crucial factor is exercise.

Dogs are born to be active. Their ancestor's roamed large areas hunting for food, they defended their territory and - being social animals - they played with each other.

Most of today's dogs are human companions. Instead of hunting to eat, their food appears in a bowl every day. They've lost their freedom to roam and explore, with many spending much of their day in a small, restricted space. Few have other dogs to socialize and play with at home, and a lot of their time is spent alone.

Happy, healthy dogs benefit from daily exercise that gets them panting, satisfies their playful nature and stimulates their brain. Ideally their exercise allows them to use their natural instincts and breed strengths.



# Which Breed Group Does Your Dog Belong To?

## Herders

These dogs were bred to herd sheep and cattle and Collies are probably the best known members of this group. One surprising member is the Corgi, which was bred to drive herds of cattle, nipping away at their heels.

Other members include Australian Shepherd, Bergamasco, Briard, German Shepherd, Old English Sheepdog, Puli and Shetland Sheepdog.

These are intelligent dogs and most have plenty of stamina, enjoying long walks. They love to be stimulated with hide-and-seek games and adore chasing balls and leaping for a Frisbee. Collies are brilliant on agility courses.

## Hounds

These dogs were bred for hunting. Some used their phenomenal sense of smell (Bloodhounds and Basset Hounds) and stamina to follow a trail, whilst sight hounds (Whippets and Greyhounds) relied on short bursts of speed to catch their prey.

Scent hounds love the freedom to sniff and explore, whilst sight hounds relish shorter bursts of intense activity.

## Sporting Dogs

Hunters used these dogs to find and fetch small game. They relish long walks, swimming and will wear your arm out retrieving balls and sticks. They're intelligent and love to play.

Labradors, Pointers, Retrievers and Spaniels are all sporting dogs.

## Terriers

These are determined, energetic dogs bred to hunt and kill vermin. They are particularly active, love to dig, play games and walk for hours.

Names like Airedale, Border, Cairn, Glen of Imaal, Irish, Kerry Blue, Scottish, Skye and West Highland Terriers all suggest that vermin were a particular problem in Ireland and Scotland!

## Toy Dogs

They're not exactly toys, but they were bred to be affectionate, loyal and small enough to sit comfortably on their owner's laps. They need less exercise than the other groups, but they still need some daily vigor in their lives to keep them healthy. Many will determinedly compete with far larger rivals in ball games.

Affenpinscher, Chihuahua, Maltese, Pekingese, Pomeranians, Pug, Shih Tzu and Yorkshire Terriers all belong to this group.

### **Working Dogs**

These are big, strong, protective dogs bred to guard, rescue or pull sleds. They are intelligent and love games. They'll wrench your arm off in a tug-of-war and need a good walk to use up their energy.

Members of this group include the Akita, Alaskan Malamute, Bernese Mountain Dog, Boxer, Bullmastiff, Doberman Pinscher, Great Dane, Komondor, Newfoundland, Siberian Husky and St. Bernard.



### **Non-Sporting Dogs**

This is the most diverse group, populated with dogs that don't obviously belong in the other groups. Consequently there's a wide range of temperaments and appearance. Their exercise needs vary considerably, depending on their size and body type.

What other group can match the variety that includes the Dalmatian, Bichon Frise, Chow Chow, French Bulldog, Poodle and Xoloitzcuintli?

### **Tip 26: Agree on an Exercise Plan with your Vet**

Dogs suffering with joint problems should follow an exercise plan agreed upon with their vet. The plan will aim to protect the joints from further damage, but also maintain muscle mass and joint elasticity.

Veterinarians encourage activities like swimming and hill walking that help strengthen the joints and hips. At the same time they will seek to limit activities like running and rough play that cause pain. This isn't about stopping all the activities your dog loves, but

sensibly moderating them to minimize the damage and pain they cause. Your veterinarian will recommend the best exercise plan for you to follow with your dog.

Senior dogs should remain active. It helps to prevent weight gain, keeps their heart healthy and stimulates their immune system. Regular exercise maintains their flexibility and muscle tone, which is essential to support healthy joints.

As they get older, adjustments should be made for their age and breed. Low-impact exercise like walking, hill walking and swimming should replace running and games – the Frisbee should definitely be retired. **Two or three shorter walks may be much better than a longer walk.**

Keep playing with them, especially low impact strengthening games like tug of war. Their brains need to be stimulated too, so keep them on their toes with mental stimulation. This can be an ideal time to bring in a younger dog.

Remain vigilant for injuries and any sign of impaired movement. Catching these early is essential to prevent further damage and to ensure that correct treatment prolongs their active lives.

### **Tip 27: On-Leash Exercise**

Walk at a good pace to get your dog moving and panting a little. Monitor their recovery time after a walk, making adjustments if they seem very tired. Avoid jogging or running because it's too hard on their joints and bones. A low impact hill walk is an ideal cardiovascular exercise that also builds muscle mass and joint strength.

### **Tip 28: Off-Leash Exercise**

Watching a well-trained, responsive dog enjoying off-leash freedom is one of the joys of pet guardianship. They can exercise at their own pace, naturally exploring the sights and smells they encounter. Bursts of speed can be balanced with pauses for recovery. It's simply the best exercise. If they walk slowly without varying their pace try to get them running with gentle play or put them on the leash to increase their activity.

### **Tip 29: Safe Play**

Dogs are social animals. As we know, they evolved from pack-living wolves. Wolf cubs learn their place in the social hierarchy of the wolf pack through play. Warning growls, nips and fights punish poor behavior, whilst extended play and social acceptance act as a reward.

Dr Emily Blackwell, a canine behavior expert at Bristol University, studied 4,000 dog owners and discovered a clear link between behavioral problems and a lack of play [5]. The less they played, the more likely the dogs would misbehave, with aggression, anxiety, jumping up at people, pulling on the lead and not returning when called amongst the 22 behavioral problems identified.

*"There is a clear association in the results," says Mark Evans, the former RSPCA chief vet. "There is a growing acceptance among scientists that play is very, very important and the type and frequency of play are a really good indicator of a dog's quality of life."*



Play is so important to dogs that they are one of the few mammals that continue to play throughout their lives. In fact their need to play is so strong that larger dogs often make games with smaller companions last longer by not using their size and strength to win. Dogs also use tricks, like slowing down or not bringing a ball back to prolong games with their owners.

The study found that 20% of dog owners play with their pet six times a day. 50% play two or three times a day and 10% only play with them once a day. 75% of dogs showed they wanted to play by fetching a toy, whilst 20% whined to initiate a game. Their favorite game is fetch, then chase, tug-of-war and wrestling.

### **The Competitive Canine**

Morris loved the "top of the stairs" game. He'd sit at the top of the stairs like a catcher. I had to throw a tennis ball, get it past his giant body, hit the wall behind the stairs and get the rebound before he did.

He adored "chase me" games, hide-and-seek, and was unbeatable at tug-of-war – I'm sure my right arm is now slightly longer than my left. He made sports professionals look like half-hearted amateurs.

### **Tip 30: Use Play to Reward Behavior**

Many top trainers use play to reward new skills. They also use play to correct bad habits and poor behavior. Every game should have rules to reinforce training and behavior. Make sure your dog doesn't get overly excited and several short play sessions are better than one long one.

Dogs love variety and are stimulated by a mixture of mentally and physically demanding games.

Exercise their brain with agility, obedience and trick training. Hide their food (or treat) and get them to hunt for it. Use food puzzle toys.

Play physical games like tug-of-war to teach them to get the toy and to let go of it. Do the same with games of "fetch".

Be very cautious with your choice of games for dogs at risk of hip and joint problems. Watching the athleticism of some dogs as they leap for a Frisbee is amazing, but it's not a game for dogs at risk of hip and joint problems.

### **Tip 31: Swimming**

Swimming is a fantastic exercise for older dogs because the water supports their weight, easing the strain on their joints, and gets their heart and lungs working. It's no surprise that canine swim therapy has become so popular.

All larger dogs, especially those breeds susceptible to hereditary hip and joint problems, should be encouraged to swim. Some are natural swimmers: Newfoundlands, Labrador Retrievers, Weimaraners, Chesapeake Bay Retrievers, Standard Poodles, Golden Retrievers, Setters and Portuguese Water Dogs, Irish Water Spaniels and English and Irish Setters.





Others will need encouragement. It's best to get them used to water when they're puppies. Start with shallow water and keep your dog on a long leash. Let them splash and play, allowing the water to reach their belly. After a few of these sessions let them swim a little to gradually build their confidence. Choose where you allow your dog to swim with great care, avoiding strong currents and steep banks.

#### **Getting Soaked After a Swim**

Berneses love swimming. Morris also loved to share the water. The rascal would go for a swim and then sneak up on his snoozing buddy (me) before shaking his fur dry. Sometimes he'd catch me completely by surprise and I admit to some "sense of humor failures".

## **Physical Therapy**

Many large veterinary practices employ certified rehabilitationists, who deliver an almost bewildering range of therapies for dogs who have suffered injury or disease affecting the muscles, bones, ligaments, or tendons of the body.

Discuss these scientifically based programs with your veterinarian to see which may benefit your dog.

### **Tip 32: Acupuncture**

In veterinary acupuncture, hair-thin needles are inserted at specific points in the body. Depending on where they are inserted they can activate the central nervous system to release the body's natural painkillers (endorphins), hormones (e.g. cortisol) and neurotransmitters (e.g. serotonin).

Plenty of scientific papers have verified that acupuncture relieves pain, stimulates circulation and the immune system, decreases inflammation and relieves muscle spasms.

Gold bead implants are a permanent form of acupuncture. Tiny, pinhead sized gold beads are implanted on the acupuncture points on the dog's back and head, providing long-term stimulation of the points.

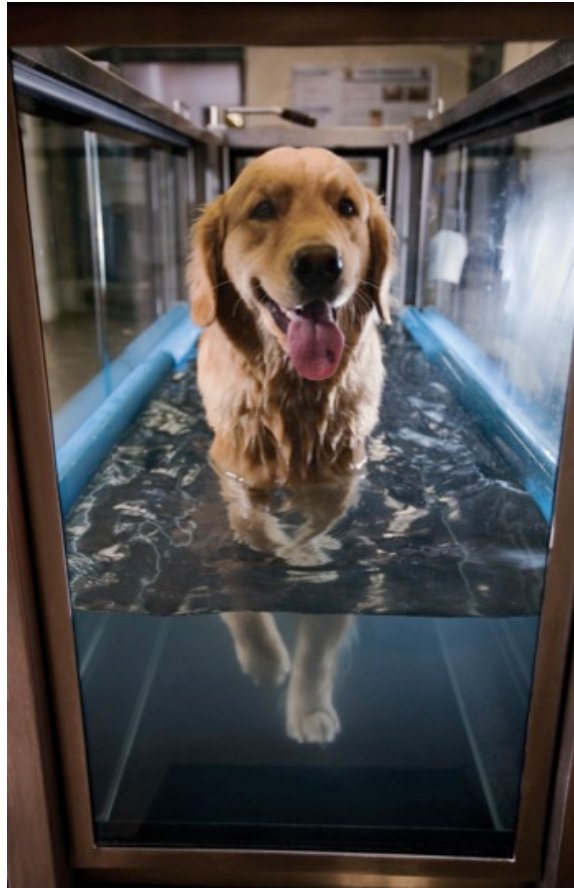
### **Tip 33: Chiropractic Treatments**

Chiropractic or Veterinary Spinal Manipulative Therapy (VSMT) uses spinal manipulation to improve joint movement. It can be very beneficial for dogs that have become "misaligned" due to favoring one limb.

VSMT corrects imbalances in nerves, bones and muscles. This can alleviate pain, improve nerve health and increase muscle tone, which strengthens the joints.

### **Tip 34: Hydrotherapy**

Hydrotherapy uses the buoyancy of water to reduce the weight on joints, reducing pain and allowing easier movement and exercise. Instead of stiff painful steps on land, dogs can use their full range of joint motion, improving their muscle tone and helping damaged joints to recover. Water resistance speeds the strengthening of muscles and improves cardiovascular stamina by making the heart work harder.



Vegas, a one-year-old golden retriever exercising on the water treadmill at the University of Missouri.

Hydrotherapy, using underwater treadmills or swimming, significantly improves the quality and speed of recovery from injury or surgery, accelerates joint repair, improves fitness and helps weight loss.

### **Tip 35:Therapeutic Exercises**

Therapeutic exercises are designed to improve a dog's strength, co-ordination and muscular balance, and are used to recover from injury and reduce the risk of future injuries. Balance balls, balance boards, treadmills and gait training are used in these exercises.

### **Tip 36:Passive Range of Motion Exercises (PROM)**

As the name suggests, passive range-of-motion exercises are designed to improve or maintain a dog's healthy, flexible movement. They can be used on recovering and healthy dogs to promote healthy joints.

PROM exercises are performed on a pet that is lying down on their side in a comfortable position. Limbs are gently flexed and extended one at a time. Each position is held for about 10 seconds. As the dog gains in strength the positions can be held for up to 30 seconds. These exercises are ideal for owners to use at home.



## **Technology**

Dr McCoy from Star Trek would be impressed with the technology veterinarians may use to help their patients recovery:

- Therapeutic ultrasound
- Neuromuscular electronic stimulation
- Transcutaneous neuromuscular stimulation
- Laser therapy
- Heat or cold therapy
- Magnetic Field Therapy
- Pulsed Signal Therapy

### **Tip 37:Grooming**

Senior dogs find it harder to reach parts of their body, to keep them clean. It's up to you to carefully groom these areas for them.

### **Tip 38: Time for a Bath**

Senior dogs can benefit from a bath and gentle shampoo to clean the parts of their body they can no longer reach. Baths can protect against skin irritation and help to re-moisturize dry skin.

## **Medication**

Non-steroidal anti-inflammatory (NSAID) medications like Rimadyl, Deramaxx and Metacam can help to maintain a dog's quality of life. They have a bad reputation because they can have serious side effects, but in prescribing them your veterinarian will carefully evaluate the benefits and risks. They will often recommend blood work before and during their use to check for liver or kidney disorders.

They will alert you to watch for side effects like stomach upsets, vomiting, diarrhea, difficulty swallowing and increased drinking and urination.

Sometimes they may recommend the use of other medications like the synthetic opioid painkiller, tramadol (Ultram), joint protective agents (Adequan) or intra-articular cortisone injections.

## Surgery

Veterinarians only consider surgical procedures for severe arthritis and conditions like hip dysplasia when the medical management options fail to maintain a dog's quality of life.

Surgery can involve minimally invasive procedures, such as arthroscopic repairs, cartilage grafts, or intensive (and expensive) surgeries to replace elbows and hips.

With overweight and elderly dogs it's important for veterinarians to discuss the risks of surgery, an assessment of the outcome and the recovery period.

### **Losing My First Friend**

It's almost inevitable that a Bernese will endure the pain of osteoarthritis. Some are far too young when hip dysplasia sets in. Morris had strong hips and we hoped his joints would hold out too. They didn't, and eventually his arthritis got the best of him. His spirit never wavered and even on his worst days he'd have a twinkle in his eye. We made sure his last day was special and I know he was happy to the end. He was the first really close friend I lost.

## **How Painful is Your Home?**

A home can become a painful place for a dog suffering from osteoarthritis.

### **Tip 39: Make Your Home More Comfortable**

Even fully fit dogs struggle to get traction on wooden, tiled and vinyl floors. With weak, stiff joints every slip is painful and you may notice they become reluctant to enter a room with a slippery floor. The answer may be to create a walkway with a slip-proof rug or carpet.

Stairs become a painful challenge. Climbing stairs puts most of a dogs weight on their back legs, and when they come down, it's their front legs that take the strain. This puts extra pressure on their joints and some dogs will become hesitant to use stairs, or simply refuse to. Jumping in and out of vehicles causes the same problem and they may no longer leap with enthusiasm onto a favorite chair.

## 10 Products to Make Life Easier For Your Dog

*I have included these products because I have either used them or believe they may help your dog based on their excellent Amazon reviews. Amazon pays a small commission if you choose to buy products using these links.*

### **Tip 40: Vehicle Ramps**

Getting in and out of vehicles becomes much easier with a ramp. Solvit offers highly rated ramps on Amazon.



[Click here to see the Solvit Ramp on Amazon](#)

### **Tip 41: Pet Stairs**

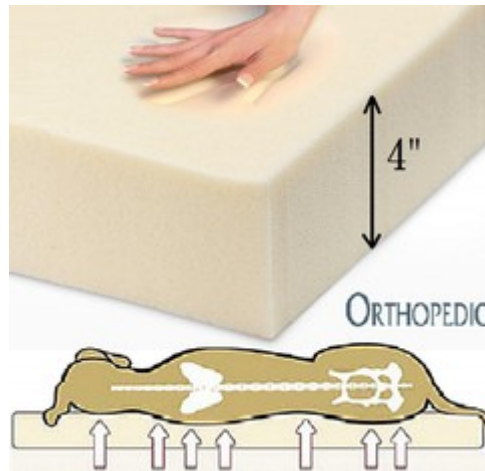
Solvit also leads the way with pet stairs to help them get up to their favorite napping place.



[Click here to see the Solvit Pet Stairs on Amazon](#)

## Tip 42: Orthopedic Beds

When lying down and getting up from beds on the floor becomes more difficult, you should raise their bed, or get a firm, orthopedic foam bed that properly supports their joints.



[Check out DogBed4Less on Amazon](#)

## Tip 43: Elevated Beds

Sleeping on a cold floor is no fun for a senior dog and neither is overheating in the summer. Coolaroo sells a very popular elevated dog bed.



[Click here to see Coolaroo on Amazon](#)

## Tip 44: Bed Warmers

Bed warmers can help stiff joints.

K7H offers a highly rated bed warmer:

[Here's the K7H highly rated bed warmer on Amazon](#)

### **Tip 45: Elevated Bowls**

Eating and drinking from bowls on the floor can be painful. Raise them into a more comfortable position, or buy elevated feeding trays like this one:



[The Suncast Elevated Feeding Tray on Amazon](#)

### **Tip 46: Hind Limb Harness**

These provide rear support and stability for dogs with weak hind legs. They can be used to help them up and down stairs too.



[Here's the GingerLead Harness on Amazon](#)

## Tip 47: Dog Boots

These look a bit weird and they don't work for every dog, but they've helped a lot of dogs to keep active in winter.



[Pawz Dog Boots on Amazon](#)

## Tip 48: Dog Diapers

If accidents are becoming a regular problem, then these may help.



[Wiki Wags Disposable Wraps on Amazon](#)

## Tip 49: Share the Products That Have Helped Your Pet

Have you made your home more comfortable for your dog? Can you recommend any products that have helped your dog? Please let me know at [steven@finestfordogs.com](mailto:steven@finestfordogs.com)



## Help Your Friends

### Tip 50: Do You Know a Dog Who May Be in Pain?

You may be reading this book because you have chosen to help your pet by ordering Omegease and/or Rejenease. Thank you!

In the next 4 weeks you'll notice how Omegease gives your dog's coat a healthy shine. You'll also notice the natural anti-inflammatory action helps to reduce the painful swelling around their joints.

Within the next 4 weeks you will see how Rejenease improves your dog's quality of life. It will rebuild the protective cushion of cartilage in your dog's joints and you'll notice they will move better and be in less pain.

Please share your experience with your friends because 1 in 5 adult dogs (older than 1 year) suffer with osteoarthritis, pain and inflammation in their joints. This rises to 4 in 5 of all dogs aged 8+. Larger dogs are more likely to suffer than smaller dogs and pure breeds more so than cross breeds. Many people are simply not fully aware of this.

If you know a dog aged 7 or over then assume its joints are arthritic.

I made the mistake of thinking my dog; Morris's joint problems were normal signs of aging. I didn't know that supplements like Omegease and Rejenease could have transformed his quality of life.

If you think they could help a friend's dog, please share this **25% discount code (ADH6Z89P)** with them. If you haven't used it yet, please use it for your next order.

## 25% Discount Code for You and Your Friends

### How to use the 25% discount code:

1. [Click here to visit the Rejenease](#) page on Amazon and [here to visit the Omegease](#) page.
2. Add to your cart. If you are an Amazon Prime member you will automatically get free shipping. If not please select the "FREE Shipping" option so that you will not have to pay any shipping charges.
3. On the final "Place Your Order" page there is a "Gift cards & promotional codes" box. This is where you should enter your code: **ADH6Z89P** and click "Apply". This will automatically apply the 25% discount.

**NOTE – This discount code is valid for a single purchase of Rejenease or Omegease or both together. It cannot be used to buy Rejenease in one transaction and again in a different transaction to buy Omegease.**

Thank you for your support!

Steven

## Rejenease on Amazon

Highest Rated Amazon Hip and Joint Supplement for  
Maximum Mobility, Pain Relief and Joint Health for Dogs



Special Offer  
Click Here To  
Save 25%

**A HAPPIER DOG IN JUST 7 DAYS:** Rejenease works fast! If your pet limps, lags behind on walks or struggles to get up after a rest, you'll see them improve in as little as one week. Over the next 4 weeks they'll keep improving with every dose. You'll watch their happiness and energy return as their pain and discomfort disappear.

**NO MORE DOGGIE DRAMA:** Why fight to give your dog a pill or a chew that she just doesn't want? Our liquid supplement can be mixed right in with her food or water to make supplementation quick, easy and drama free!

**ONGOING SUPPORT FOR HEALTHIER JOINTS:** Treats older dogs with stiff, painful joints, arthritis and hip dysplasia. Maintains healthy joints in active dogs. Helps breeds with a history of hip and joint problems.

**THE SAFE SOLUTION FOR YOUR DOG:** Your dog is a member of the family, so you don't want to give him anything less than the best! Our hip and joint supplement for dogs is produced at an FDA-inspected and certified facility, and every ingredient is independently tested at NSF, NASC & cGMP labs for safety and purity. You can feel good knowing you've chosen Rejenease for your pet! **MADE IN THE USA** from pure, natural & safe ingredients.

**IT'LL WORK OR YOU'LL GET YOUR MONEY BACK:** Give your pet the recommended daily dose. Finish the bottle and if you're not delighted with the results, we'll give you all your money back.

## Customer Images



[See all customer images](#)

## Most Recent Customer Reviews

### ★★★★★ Magic Juice

I am a longtime dog breeder and was very sceptical. I didn't even trust my own first impression.... [Read more](#)

Published 11 hours ago by WWM

### ★★★★★ Five Stars

Loved it. My dog is doing great!

Published 9 days ago by Donald Thompson

### ★★★★★ Great For Dogs

My girlfriend raved about the product with her dog who had surgery and how it helped him in his recovery. My dogi is a 16 year old border collie. [Read more](#)

Published 14 days ago by Elizabeth Avedisian

### ★★★★★ Moves easier!

This bottle is HUGE!!!! Really impressed! I have an older lab and he's been having a hard time getting around lately and Glucosamine by Rejenease has already helped him... [Read more](#)

Published 15 days ago by Kevin Jones

### ★★★★★ Easy to give your dog glucosamine. Liquid is so easy to put over their...

This review is for Glucosamine for Dogs - Hip and Joint Supplement...

Our toy Poodle is almost eight years old and starting to show signs of hip pain. [Read more](#)

Published 17 days ago by Chening K.

### ★★★★★ She appears to be doing better and looks forward to a long walk...

My 12+ year old golden retriever was beginning to limp a bit after long walks. I started her about 4 weeks ago on Rejenease. [Read more](#)

Published 18 days ago by Elizabeth Papineau

[Visit Rejenease on Amazon](#)

## Omegease on Amazon

Best Omega 3 Fish Oil Supplement for Dogs and Cats

Shines fur, reduces shedding, soothes dry skin, lubricates stiff joints, boosts immune system & supports heart health



Special Offer  
Click Here To  
Save 25%

**ONE SIMPLE-TO-USE LIQUID, MANY BENEFITS:** More than 27,000 published studies have shown omega-rich fish oil to have an almost miraculous range of benefits for dogs and cats. Veterinarians recommend Omegease for healthy skin and a shinier, silkier coat while reducing shedding and thickening fur. It also boosts immunity, reduces inflammation, lubricates joints and supports heart health and brain function

**BETTER THAN WILD & FARMED SALMON OIL:** Omegease is a richer source of EPA&DHA than wild and farmed salmon oil. Our fish oil is guaranteed to contain at least 800 mg EPA and 525 mg DHA per 5ml serving - more than wild Alaskan salmon and nearly double the levels in farmed Norwegian and Icelandic salmon. One 16oz bottle gives 90 health-boosting daily doses to a 50lb dog for less than 25 cents a day

**100% PURE.EVERY DROP NATURALLY TREATS YOUR PET** to the benefits of essential fatty acids, pure and simple. Our fish oil for dogs and cats is molecularly distilled and independently tested for purity from mercury and all toxins, exceeding California Proposition 65 and US Pharmaceutical standards. Contains no additives or preservatives. You can trust Omegease to supply the nutrition your dog or cat needs while protecting him or her from contaminants and dangerous chemicals

**FREE OF FISHY ODORS:** Omegease is almost completely odorless. You can mix it into your pet's food with ease. Most dogs and cats don't even know it's there!

**IT WORKS & WE'LL PROVE IT:** If you don't see the results you're hoping for after using our fish oil supplement for dogs and cats for 30 days, we'll refund your money. Try our supplement risk free and see what an improvement it can make in your pet's health and appearance



## Customer Images



[See all customer images](#)

## Most Recent Customer Reviews

### ★★★★★ Omegas for the dogs!

All inclusive omega 3, 6, and 9 for my fur babies! I take omegas for myself, so I want my dogs to get the best for them too! [Read more](#)

Published 1 day ago by Amazon shopper

### ★★★★★ you want the BEST for them

For someone who loves there cats and dogs, you want the BEST for them! I got the best by getting this BEST Omega 3 for my lovely fur-babies!! This is VERY easy to use. [Read more](#)

Published 2 days ago by BentleysMom

### ★★★★★ Really glad I started to give my doberman fish oil

This is a really big bottle of fish oil that comes with a pump. I have been giving these to my doberman she started getting patches of dry skin were she started to loose her hair... [Read more](#)

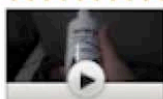
Published 7 days ago by Iris Matos

### ★★★★★ This is now my favorite fish oil for my dog

This is now my favorite fish oil for my dog. I have used other products in the past but this is my favorite. First of all, it is a large bottle. [Read more](#)

Published 7 days ago by AZ

### ★★★★★ Better health for my dog



Customer Video Review

Length: 1:20 Mins

Published 9 days ago by Yasmina

### ★★★★★ This is an awesome product and works so much better than opining fish...

This is an awesome product and works so much better than opining fish oil capsules or trying to make your dog swallow a fish oil capsule. [Read more](#)

Published 9 days ago by Angela Anderson

[Visit Omegease on Amazon](#)

## Woof Woof

Thanks for making it all the way to this page.

Please let me know at [steven@finestfordogs.com](mailto:steven@finestfordogs.com) which of these tips works best with your pet.



And please share this book with your friends.

Thanks,

A handwritten signature in blue ink that reads "Steven". The signature is stylized and cursive.

Steven Hourston

## Appendix

### Breeds with a Hereditary Risk of Joint Problems

Most modern breeds of dogs originate from the late 19<sup>th</sup> century. For example German Shepherds are a relatively new breed of dog with an origin dating back to 1882. Their first breed show took place in 1899, but the German Shepherd we recognize today appeared after World War II.

The pioneering breeders of modern dogs achieved their distinctive appearance by selecting dogs with the traits they desired. This meant dogs were bred from a small gene pool, limiting the breed's genetic diversity. Inbreeding increased the chances of puppies being born with the desired traits. However it also increased the chance of them suffering from genetic disorders.

The American Kennel Club Canine Health Foundation publishes information about the diseases that *may* affect each breed of dog.

The breeds with a higher risk of inherited joint problems are listed below.

#### **Cruciate Ligament Rupture**

The ligament is more likely to tear either suddenly or as a result of progressive damage to the fibers that form the ligament in these dogs:

*Breeds with a higher risk of suffering Cruciate Ligament Ruptures:*

Akita, Alaskan Malamute, American Eskimo Dog, American Staffordshire Terrier, Australian Shepherd, Australian Terrier, Bearded Collie, Bedlington Terrier, Bernese Mountain Dog, Border Collie, Border Terrier, Bulldog, Bullmastiff, Chesapeake Bay Retriever, Chinese Shar-Pei, Chow Chow, Dogue de Bordeaux, English Setter, English Springer Spaniel, German Wirehaired Pointer, Great Dane, Great Pyrenees, Greater Swiss Mountain Dog, Kuvasz, Labrador Retriever, Leonberger, Newfoundland, Norwich Terrier, Papillon, Pembroke Welsh Corgi, Portuguese Water Dog, Rottweiler, Saint Bernard, Samoyed, Silky Terrier, Small Munsterlander Pointer, Staffordshire Bull Terrier, Standard Schnauzer Swedish Vallhund, Vizsla, West Highland White Terrier, Whippet.

#### **Elbow Dysplasia**

Elbow dysplasia is a condition caused by the abnormal growth of cells, tissue, or bone. The condition is characterized by the malformation and degeneration of the elbow joint. It is the most common cause of elbow pain and lameness, and one of the most common causes of forelimb lameness in large and giant-breed dogs. The age for onset of clinical signs is typically 4 to 10 months, with diagnosis generally being made around 4 to 18 months.



*Breeds with a higher risk of developing Elbow Dysplasia:*

American Staffordshire Terrier, Anatolian Shepherd Dog, Australian Shepherd, Bernese Mountain Dog, Black Russian Terrier, Bloodhound, Border Collie, Bouvier des Flandres, Boykin Spaniel, Chesapeake Bay Retriever, Chinese Shar-Pei, Chow Chow, Dogue de Bordeaux, English Setter, German Shorthaired Pointer, Giant Schnauzer, Golden Retriever, Gordon Setter, Greater Swiss Mountain Dog, Irish Water Spaniel, Irish Wolfhound, Keeshond, Kuvasz, Belgian Malinois, Labrador Retriever, Rhodesian Ridgeback, Rottweiler, Saint Bernard, Samoyed, Shetland Sheepdog, Spinone, Staffordshire Bull Terrier, Tibetan Mastiff, Welsh Springer Spaniel, Wirehaired Pointing Griffon.

## **Hip Dysplasia**

Hip dysplasia is a condition where the hip joint fails to develop properly. Instead of forming a snug fit, it is a loose fit, or a partial fit. The bones may be misshaped, causing abnormal wear to their protective cartilage, as they move in the joint. This leads to inflammation and pain.

Hip dysplasia can begin to develop in puppies of five months old, becoming worse as they age. Usually it becomes noticeable in middle-aged dogs. It is particularly common in large, fast growing breeds.

Dogs with hip dysplasia stand up using the front legs first; dogs without the condition stand rear legs first. In another classic symptom, dogs position their front legs further back under their chest to take some of the weight off the hind legs.

Healthy Hips



The bones in the joint fit snugly and smoothly

Photo of an x-ray taken by Joel Mills on May 26, 2006.

Hip Dysplasia Hips



The bones are too loose in the socket

Joel Mills own work

*Breeds with a higher risk of developing Hip Dysplasia:*

Afghan Hound, Alaskan Malamute, American Eskimo Dog, American Staffordshire Terrier, Anatolian Shepherd Dog, Australian Cattle Dog, Australian Shepherd, Beagle, Bearded Collie, Beauceron, Belgian Tervuren, Bernese Mountain Dog, Black and Tan Coonhound, Black Russian Terrier, Bloodhound, Border Collie, Bouvier des Flandres, Boykin Spaniel, Briard, Brussels Griffon, Bullmastiff, Cane Corso, Cardigan Welsh Corgi, Chesapeake Bay Retriever, Chow Chow, Clumber Spaniel, Doberman Pinscher, Dogue de Bordeaux, English Foxhound, English Setter, English Springer Spaniel, Field Spaniel, Finnish Spitz, French Bulldog, German Pinscher, German Wirehaired Pointer, Giant Schnauzer, Glen of Imaal Terrier, Golden Retriever, Gordon Setter, Great Pyrenees, Greater Swiss Mountain Dog, Harrier, Icelandic Sheepdog, Irish Red and White Setter, Kerry Blue Terrier, Komondor, Kuvasz, Labrador Retriever, Leonberger, Neapolitan Mastiff, Newfoundland, Norfolk Terrier, Norwegian Buhund, Old English Sheepdog, Otterhound, Pharaoh Hound, Pointer, Poodle, Portuguese Water Dog, Puli, Pyrenean Shepherd, Redbone Coonhound, Rottweiler, Saint Bernard, Samoyed, Small Munsterlander Pointer, Spanish Water Dog, Spinone, Chinook, Staffordshire Bull Terrier, Sussex Spaniel, Swedish Vallhund, Tibetan Mastiff, Tibetan Spaniel, Vizsla, Weimaraner, Welsh Springer Spaniel, West Highland White Terrier, Wirehaired Pointing Griffon.

**Osteoarthritis**

*Breeds with a higher risk of suffering Osteoarthritis:*

Alaskan Malamute, American Foxhound, Bearded Collie, Bernese Mountain Dog, Bloodhound, Bullmastiff, Cardigan Welsh Corgi, Chinook, Chow Chow, Dalmatian, English Setter, German Wirehaired Pointer, Great Dane, Irish Wolfhound, Leonberger, Mastiff, Norwegian Elkhound, Standard Schnauzer, Whippet, Wirehaired Pointing Griffon.

## References

1. Johnston SA: Osteoarthritis: joint anatomy, physiology, and pathobiology. North Am Small Anim Pract 1997, 27:699-723. PubMed Abstract

VetClin  
Return to text

2. <http://pets.webmd.com/dogs/guide/dog-joint-health-pain-osteoarthritis-and-other-joint-problems?page=4>

3. ASPCA (<https://www.aspca.org/pet-care/dog-care/arthritis>)

4. [http://journals.cambridge.org/download.php?file=%2FBJN%2FBJN99\\_04%2FS0007114507871686a.pdf&code=51126d7799df179cbcc11dafcdd37ae9](http://journals.cambridge.org/download.php?file=%2FBJN%2FBJN99_04%2FS0007114507871686a.pdf&code=51126d7799df179cbcc11dafcdd37ae9)

5. <http://dogs.channel4.com>