

OSTEOARTHRITIS



What is Osteoarthritis?

Osteoarthritis (OA), also called degenerative joint disease, is a chronic, progressive condition that causes inflammation and deterioration of the joints. It leads to pain, stiffness, and reduced mobility. Younger animals who are born with congenital abnormalities such as hip dysplasia will be pre-disposed to developing osteoarthritis. Older animals can develop the condition by long term wear and tear.



Signs of Osteoarthritis in Dogs

- - Limping or stiffness, especially after rest
- - Difficulty rising, climbing stairs, or jumping
- - Decreased activity or reluctance to play
- - Behavioural changes (e.g., irritability)

- - Licking or chewing at joints
- - Muscle loss over affected limbs

Commonly Affected Areas:

- - Hips
- - Knees
- - Elbows
- - Spine



Signs of Osteoarthritis in Cats

Feline Osteoarthritis Is Often Subtle- Watch For:

- - Reduced jumping or hesitance
- - Stiffness when walking
- - Less grooming or matted fur
- - Hiding or withdrawal from interaction
- - Irritability when touched
- - Difficulty using the litter box

Commonly Affected Areas:

- - Elbows
- - Hips
- - Spine
- - Knees



How is Osteoarthritis diagnosed?

Much of the diagnosis is based on a history or stiffness after rest, the type of patient and veterinary examination. Sometimes radiographs or a CT scan are needed to confirm diagnosis

How is Osteoarthritis treated?

There is no cure, but many options can improve comfort and quality of life:

1. Weight Management:

Excess weight increases stress on joints. A lean body condition is key!

2. Pain Management:

- [NSAIDs \(non-steroidal anti-inflammatory drugs\)](#)

- Monoclonal antibody therapy. A new monthly veterinary medicine used to treat osteoarthritis pain in dogs. It contains the active substance [bedinvetmab](#), a monoclonal antibody that targets nerve growth factor (NGF). By inhibiting NGF, it helps to alleviate pain associated with osteoarthritis. It's administered by monthly injection

- Alternative therapies (e.g., acupuncture, laser therapy)

3. Joint Supplements

There are lots of joint supplements available on the market but we recommend the use of [Synoquin](#) daily.

4. Exercise & Physical Therapy:

Regular, low-impact activity like gentle walks or hydrotherapy can help maintain muscle mass without over stressing the joints.

Long term outlook

With proper care, pets with osteoarthritis can live comfortably and maintain a good quality of life. Regular check-ups are essential to monitor progress and adjust treatment as needed

Further Reading

[Canine Arthritis Management](#)