



Pawsitive Steps Canine Rehab

Putting the pep
back in your pup's
step

Hip Dysplasia

Hip Dysplasia is a condition of the hip in which the ball-and socket joint do not fit properly together, so instead of the bone providing the joint support the ligaments around the joint have to try to hold it together but are not designed to do so. Overtime, the continuous abnormal movement and instability of the hip joint can result in loss of cartilage, arthritic and boney changes, loss of mobility and general pain.

Signs and Symptoms

Symptoms are often very mild at first and progress over time but some of the common early signs are

- Running with a "bunny hop"
- Loss of muscle tone in the hind limbs
- Lameness of the hind limbs
- Stiffness in the hips when standing
- Stiffness in the hips when walking, running or playing
- Decreased desire to participate in walking or playing

How is it diagnosed?

A veterinarian will make the diagnosis of hip dysplasia based on specific palpation methods and specially positioned hip x-rays. Both hip joints may be dysplastic, with one typically being worse than the other, or it may only be present in one hip. By recognizing the joint laxity and incongruity early on, further damage can be prevented. Once the diagnosis is made there are factors to consider for the proper treatment. Typically, younger dogs with significant laxity but no arthritis may require surgery for the best long-term outcomes, while older dogs that have developed more severe arthritis may not be surgical candidates. Both groups can benefit significantly from canine rehabilitation and additional holistic health care options.



Pawsitive Steps Canine Rehab

Putting the pep
back in your pup's
step

Hip Dysplasia

Surgery, Rehab, or both?

The most common surgery to correct hip dysplasia is a femoral head ostectomy, FHO, where they remove the head of the femur (the ball part of the joint) and the body will develop a structure of scar tissue along with the muscle surrounding the joint to provide support. A total hip replacement is also another common surgical option, a veterinarian will discuss which surgery, if any, is warranted for your dog based on age, and severity of the condition. With or without surgery, a program developed with and supervised by a certified canine rehabilitation therapist can make a meaningful difference in your dog's recovery.

What does rehab look like?

Rehab will focus pain management, mobility and strengthening.

During our evaluation, we determine what exercises should be done and walk you through the exercises. Within 48 hours of the evaluation, we will send you a link to a portal that has the prescribed pictures and videos for you to continue to do exercises at home. THE HOME EXERCISE PROGRAM IS THE BIGGEST COMPONENT OF SUCCESS. CARRYOVER IS ESSENTIAL.

Every case and situation is different, and rehab is expensive. We encourage you to do an evaluation and determine what you're able to do at home and what is financially feasible.

What else can help?

No matter which treatment route your dog is on there are a few other things that can make a huge impact in the management of hip dysplasia. A healthy diet and weight can help reduce the load the joint has to carry, joint supplements support the joint's health, such as fish oils and glucosamine chondroitin, sessions of acupuncture or dry needling, use pain medications when necessary, as well as daily exercise and progressive strengthening. A certified canine rehabilitation therapist can help guide you through long term management, strengthening exercises and provide manual therapies to improve your dog's quality of life. Home modifications can also offer simple and safe changes to make your dog's environment easier on their joints such as providing more surfaces with traction such as rugs on hard floors, orthopedic dog beds for comfortable rest time, as well as ramps to reach the couch.

Pawsitive Steps Canine Rehab
Putting the Pep back in your pup's step
405-367-5732

Instagram: PawsitivestepsOK

Facebook: Pawsitive Steps Canine Rehab-Pawsitive Steps OK

pawsitivestepsok@gmail.com

www.pawsitivestepsOK.com