



ARTHRITIS MANAGEMENT - A multi-modal approach!

When it comes to pain it can either be acute (sudden), chronic (long-term), or acute on chronic (sudden flare up on top of long-term pain). Pain can either be a symptom, or over-time it can be considered a disease on its own. Moreover, every individual perceives pain differently, and what works for one patient may or may not work for another. There are no hard and fast rules pertaining to pain management. We are here to assist you in finding what works for you and your pet from an immediate as well as a long-term point of view.

With patients with arthritis we may use one or more of the following approaches:

1. Weight loss if needed

Keeping a patient on the lean side will reduce the pressure on their joints

2. Oral joint supplements containing

- Green lipped mussel E.g 4 Cyte granules, Antinol, Sasha's blend or PernaFlex
- Curcumin E.g. Curcupet K9

3. Joint support diets

Royal canin mobility (contains turmeric); alternative is Hill's j/d

4. Injectable support

Cartrophen - initial course of once a week for 4 weeks, then monthly ongoing

5. Anti-inflammatory medication

These can be used as needed or on a daily basis

6. Additional pain relief

Any combination of codeine, anti-anxiety medication, gabapentin, CBD oil, or other

7. Physical therapies

Such as physiotherapy, remedial massage, acupuncture, laser therapy



8. Environmental support

Grip socks, grip shoes, non-slip mats, harness for support

9. Injections into painful joints

Cortisone or stem cells or platelet rich plasma

NOTE: Once a patient goes on long term medication it is prudent to conduct a blood test every 6 months to ensure their liver and kidney function is stable

We generally start with one or two different modalities based on your pet's condition. We want to know what is working and what isn't. We may need to alter or add a therapy so we can tailor to your pet's needs in order to give them the best chance to have an improved quality of life.

If you have any queries or comments, please do not hesitate to contact us.

Warm regards,

Team at Animal Comfort Care Centre