



# Understanding Osteoarthritis (OA)

OA is a condition where the joints, especially in older dogs, experience wear and tear. This can result in aches, stiffness, and sometimes pain. It usually happens secondary to previous injuries, normal aging, or genetic factors.

## How Does OA Happen?

### • Articular Cartilage Damage:

Over time, the smooth cartilage in the joints becomes rough and worn out, making it less bouncy. This can happen in three stages:

1. The inner structure of the cartilage starts breaking down, making it unable to hold water properly.
2. The body tries to repair the cartilage, but the balance between damage and repair gets out of hand.
3. The repair process slows down, leading to more loss of cartilage.

### • Synovitis:

The lining of the joints gets swollen, and this can cause more damage to the cartilage.

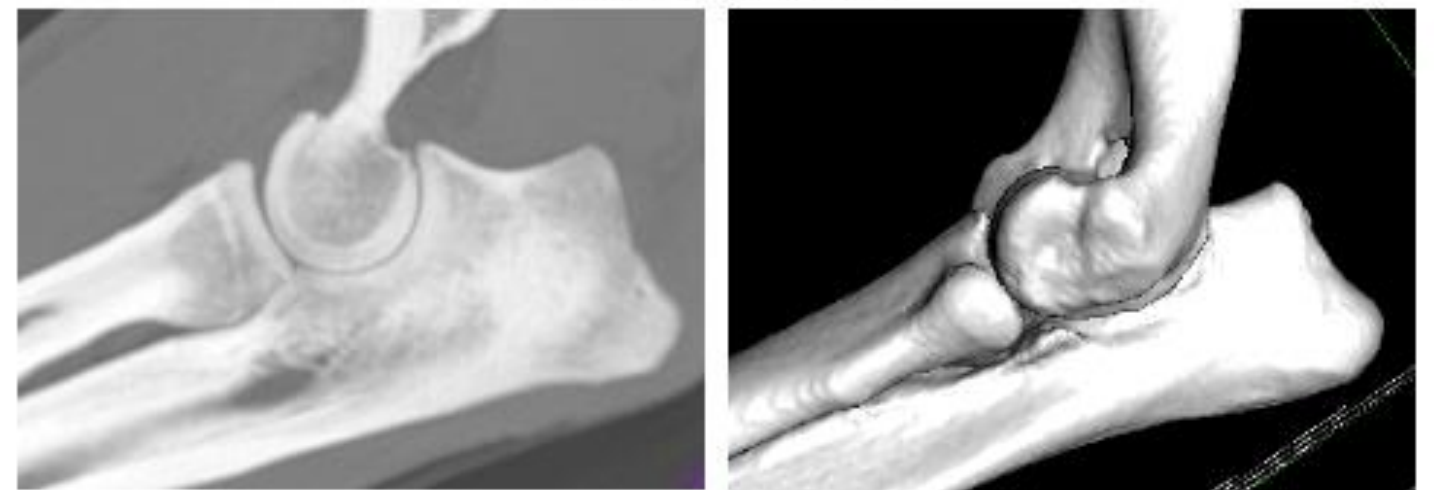
### • Subchondral Bone Sclerosis:

This is when the bone just under the cartilage becomes thicker. It happens because the body is trying to protect the joint, but it can make the joint stiff and sore.

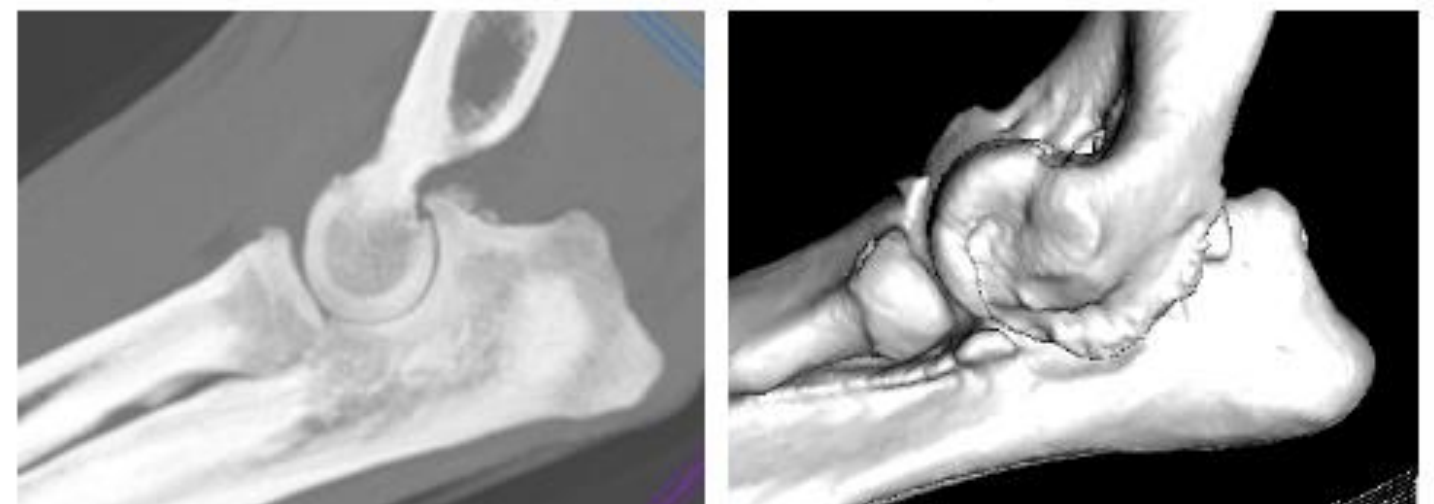
### • Osteophytes (Bone Spurs):

Extra bits of bone grow around the joints. They are like your body's attempt to fix the problem, but they can make it worse

**NORMAL ELBOW**



**ELBOW OSTEOARTHRITIS**



## What is Conservative Management for osteoarthritis?

Conservative management involves non-invasive, non-surgical approaches to manage osteoarthritis (OA) in dogs. These methods are aimed at reducing pain, improving mobility, and enhancing the overall quality of life.

While some modalities may have mixed evidence, they can still significantly improve your dog's quality of life when used in combination.

### What to Expect:

During your visit to the Osteoarthritis Clinic, a team composed of an orthopaedic surgeon and a physiotherapist will conduct a thorough assessment of your dog's condition, including a physical examination and a review of their medical history. We will discuss your pet's symptoms, lifestyle, and any challenges they may be facing due to osteoarthritis.

## What is the Osteoarthritis Clinic?

Our Osteoarthritis Clinic is a specialized service designed to provide comprehensive care and support for dogs dealing with osteoarthritis, a common condition that causes pain and stiffness in the joints. Led by our expert veterinary team, the clinic offers personalized non-surgical treatment plans tailored to the individual needs of each pet, with the goal of improving mobility, reducing pain, and enhancing overall well-being.

### Personalized Treatment Plans:

Based on the assessment, we will develop a personalized treatment plan for your pet, which may include a combination of medications, physical therapy, weight management, intra articular injection and other interventions tailored to their specific needs. Our goal is to provide the best possible care to ensure a comfortable and active life for your furry friend.



## Monitoring Progress:

Throughout the treatment process, we will closely monitor your dog's progress, adjusting the treatment plan as needed to ensure optimal results. We will provide you with the guidance and support you need to help your pet thrive despite osteoarthritis.

**At SCVS we use various methods to track improvements and ensure the best care for your beloved companion.**

### 1. Osteoarthritis Questionnaires (LOAD)

LOAD stands for the "Liverpool Osteoarthritis in Dogs" questionnaire. It is a validated tool used to assess the severity of osteoarthritis in dogs.

#### How Does it Work?

- The veterinarian will ask you to complete the LOAD questionnaire during (or ideally just before) your visits to our clinic. This questionnaire helps us understand your pet's current condition and how it affects their daily life.

### 2. Pressure Mat

A pressure mat is a diagnostic tool that helps us evaluate your pet's gait and weight distribution.

#### How Does it Work?

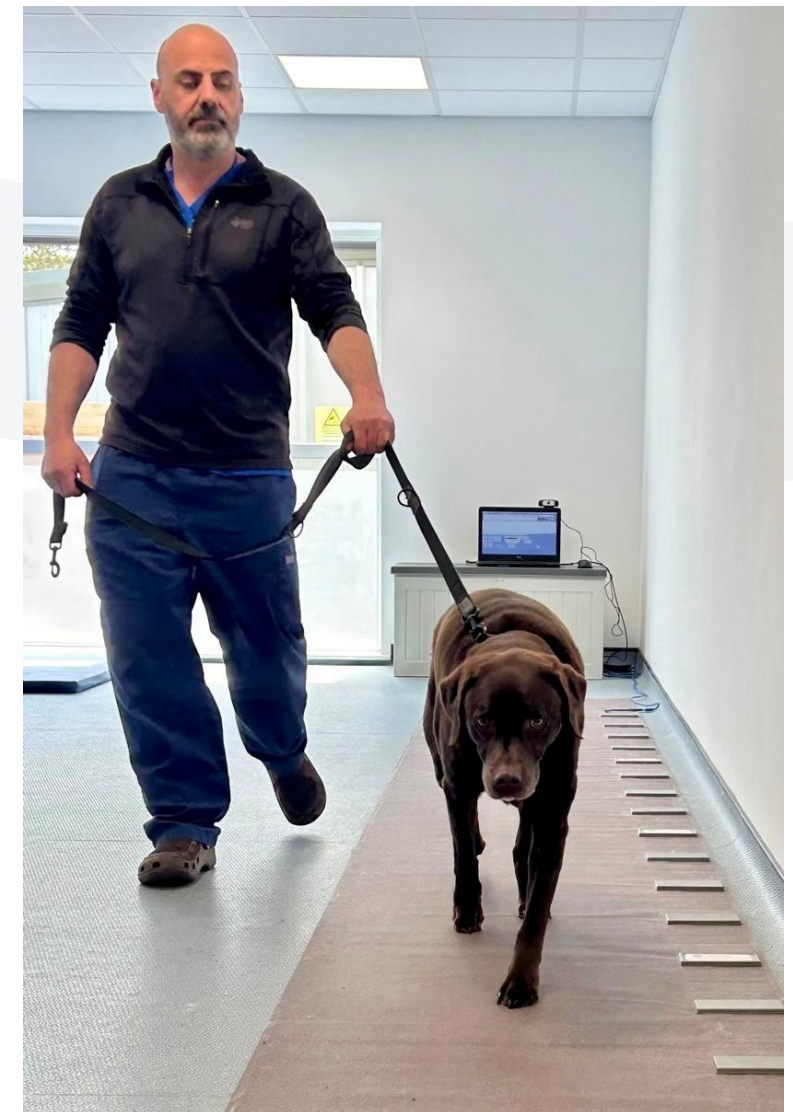
Your pet will walk over the pressure mat, allowing us to analyse their gait pattern and identify any irregularities.

### 3. Activity Monitors

Activity monitors are devices that monitor your pet's physical activity levels whilst at home.

#### How Does it Work?

Your pet will wear the activity monitor, which records their movements, calories burnt, and activity levels throughout the day. We will be able to access these data during one of your visits to the hospital.



## Osteoarthritis Clinic Price List

### Consultation and Evaluation:

Initial assessment: £ 150 for existing cases – £ 300 for new cases

Includes:

- Evaluation of medical history and radiographs.
- Clinical assessment by surgery specialist and physiotherapist
  - Nutritional counselling
  - Introduction to activity monitors
- Introduction to Osteoarthritis score systems
- Development of personalized treatment plan

### Joint Injections:

Corticosteroid injection: £ 150

- Platelet-rich plasma (PRP) single treatment: £ 400
- Platelet-rich plasma (PRP) course (3 treatments): £ 1000
- Stem cell therapy (Dog stem): £ 1500 first vial - £750 each additional vial
- Fat derived Stem Cells: £2500 fat harvest + 500£ per treatment

### Physical Therapy:

Physiotherapy: £ 40 per session

Hydrotherapy treadmill: £ 40 per session

### Adjunctive Therapies:

Laser therapy: £ 20 per session

Shockwave therapy: £ 60 per session

### Data collection

Gait track: £20

Activity monitor deposit: £40

# TREATMENT PLAN EXAMPLE

	TREATMENT	DATA
1 <sup>st</sup> assessment	Evaluation LIBRELA	GAIT TRACK LOAD PITPAT WEIGHT
WEEK 1	PHYSIO LASER	PITPAT WEIGHT
WEEK 2	PHYSIO LASER	PITPAT WEIGHT GAIT TRACK
FAT HARVEST		
WEEK 3	PHYSIO LASER	PITPAT WEIGHT
WEEK 4	PHYSIO LASER	PITPAT WEIGHT GAIT TRACK LOAD
INTRA – ARTICULAR LIBRELA		
WEEK 5	HYDRO	
WEEK 6	HYDRO	

WEEK 7	HYDRO	
WEEK 8	PHYSIO	PITPAT WEIGHT GAIT TRACK LOAD
INTRA-ARTICULAR LIBRELA		
WEEK 9	HYDRO	
WEEK 10	HYDRO	
WEEK 11	HYDRO	
WEEK 12	Evaluation	PITPAT WEIGHT GAIT TRACK LOAD
INTRA-ARTICULAR LIBRELA		
LAST ASSESSMENT	EVALUATION	REVIEW