
UNDERSTANDING
YOUR DOG'S JOINT
HEALTH

The Purina Pro Plan logo, featuring a red and white checkerboard square above the word "PURINA" in a serif font, followed by "PRO PLAN" in a larger, bold serif font. A registered trademark symbol (®) is present after both words.

PURINA[®]
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Your Pet, Our Passion[®]

Why is good joint mobility so important?

Joint health issues are some of the most common health concerns affecting dogs. Although dogs of any age may be affected, osteoarthritis is more common in older dogs (like in humans), and it tends to be more common in overweight or large breed dogs.

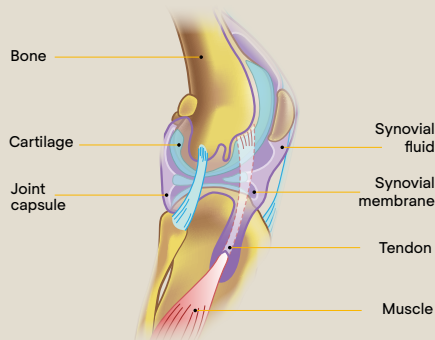
Some dogs are also more likely to develop problems with their joint mobility as a result of inherited joint abnormalities (such as hip or elbow dysplasia), or as a result of injuries to the joint.

Managing joint pain and inflammation and supporting the health of joints is extremely important in helping to preserve the health and vitality of your dog and ensuring they have a good quality of life.

Understanding joint inflammation

In healthy joints, a layer of cartilage covers the ends of the bones, creating a smooth gliding surface for the joint and acting like a 'cushion' for the bone beneath it. A normal joint is surrounded by a joint capsule that is lined by a thin layer of cells (the synovial membrane) that is responsible for producing the joint fluid (synovial fluid) which lubricates the joint and reduces friction as the dog moves.

Damage to these areas or inflammation affecting them will injure the cartilage and interfere with the normal function of the joint. This can cause pain and stiffness, and weaken the joint. Often, dogs with osteoarthritis have more than one joint affected.



What are the signs of joint health issues?

Joint health issues, and especially osteoarthritis, tend to be progressive conditions. Early signs will be mild and easily over-looked, whereas later the signs become much more obvious. By observing your dog, you can help alert your vet to any early signs, which may include:

- Reluctance to walk or walk as far as previously
- Limping, stiffness or a slower pace when walking or running
- Difficulty or stiffness getting up in the morning
- Stiffness after lying down
- Difficulty climbing up or down stairs
- Difficulty climbing into or out of the car

Diagnosing your dog's joint issue

As uncontrolled inflammation will cause further damage to the joints, the earlier a diagnosis can be made by your vet the better and more effective management is likely to be to support your dog's joint health and mobility longer term. If you notice any signs that suggest joint disease, contact your vet as soon as possible.

Your vet will do a clinical exam and they may detect joint pain, swelling or abnormalities in the movement of the joints. They may also review your dog's gait (how they walk and move). Sometimes they might also recommend some X-rays to investigate further.



How are joint conditions managed?

You and your vet can work together to develop the best approach to keep your dog active with good mobility and enjoying life. This usually involves multiple approaches but **an important goal is to improve or maintain joint function, through reducing inflammation and helping to maintain healthy joint cartilage.**

Management may include a combination of medication (to reduce joint pain and inflammation), joint supplements, dietary management (to help support joint mobility), weight management and controlled exercise (along with environmental changes). Other management strategies such as hydrotherapy, physiotherapy, laser therapy or acupuncture might also be recommended in some cases.

The right diet is very important

Dietary management in joint conditions can be very powerful. Firstly, it is vital that your dog is not overweight as this will significantly exacerbate their joint condition. **Achieving and maintaining a healthy body weight and body condition is an important initial step** and one of the most important factors to slow down progression of osteoarthritis. In addition, nutritional support can play a major role in supporting dogs with joint issues by providing nutrients which help maintain lean muscle mass, help support the natural anti-inflammatory processes in joints and help support healthy joint cartilage.



Benefits of feeding CANINE JM Joint Mobility™ to your dog:



Joint support

Formulated to help support dogs with decreased joint mobility



Omega-3 fatty acids

Increased levels to help support the natural anti-inflammatory process in joints



Antioxidants

Increased antioxidants vitamin E and C to help reduce oxidative stress

In addition, **PURINA® PRO PLAN® CANINE JM Joint Mobility™** contains a high protein to calorie ratio to help your dog maintain a lean body condition, and has weight loss feeding guides if your dog is overweight

The importance of exercise

Regular exercise helps keep bones, muscles and joints healthy, but too much exercise for a dog with joint conditions may cause further damage. Your vet will advise you on the best level and type of exercise for your dog. As a rule of thumb, however, little and often walks of 20-30 minutes at a time tend to be helpful. If you are able to, taking your dog swimming can be very valuable as this provides good exercise for joints without putting stress on them.

Consistency is important too, so plan activities that can be done on a daily basis. Consider **modifying the environment** so that any activities your dog finds difficult can be avoided or minimised; for example, provide a dog ramp to help your dog get in and out of the car.

Management of joint conditions:



Feeding guidelines for CANINE JM Joint Mobility™

PURINA® PRO PLAN® JM Joint Mobility™ provides complete and balanced nutrition for all dogs' life stages, including puppies. Transition across to JM Joint Mobility from your dog's previous diet should be done over 10 days, gradually increasing the amount of JM offered and decreasing the amount of the previous food fed.

Feeding guidelines are provided based on the lifestage of your dog, so you should follow the appropriate guideline according to whether your dog is a puppy, adult or senior.

Feeding guidelines are also provided both for weight loss and weight maintenance. The suggested daily intake for weight loss is based on your dog's current weight, and a desired weight loss of 1-2% body weight per week. Daily food intake should be adjusted every 2 to 4 weeks based on your dog's current weight, and the amount fed may also need to be adjusted according to their individual needs. Once your dog has reached their target weight, you should move onto the weight maintenance feeding guideline.

This diet can be fed long term, but you should have regular check-ups with your vet, at least every 6 months.

Feeding guidelines are provided on the product packaging and on the PURINA® website.

Provide fresh water in a clean container daily.

PURINA® PRO PLAN®: a name you can trust

PURINA® PRO PLAN® and related products are backed by strong science, with the latest nutritional findings applied to bring you some of the most innovative and effective formulas.

By following your vet's advice and by feeding CANINE JM Joint Mobility™, you can be confident that your dog will benefit from a diet that helps provide optimum nutrition to help support their joint health and mobility.



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**PURINA®**

**PetCareteam**

For advice on any aspect of pet care, **just ask our experts**

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Monday-Friday 8am-6pm. Or contact us online at
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For more information, please speak
to your vet or contact Nestlé PURINA®

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