

Management of Canine Osteoarthritis

8. Surgical Salvage Options:

- Arthrodesis (joint fusion)
- Total joint replacement (TER, THR, TKR)
- Partial resurfacing (CUE)

If medication treatments are exhausted and there is minimal response, surgical intervention may be recommended based on patient's age, degree of osteoarthritis, and current quality of life.

1. Weight Loss: Ideal BCS should be a 4.5/9

- Maintenance of a light, lean body condition.
- If your pet needs to lose weight, please reduce food intake by 25%. Vegetables can be given as treats or to bulk up meals (broccoli, green beans, and zucchini)
- No other treats should be given until goal weight is reached.

2. Moderate Exercise:

Regular low-to-medium grade exercise (leash walks, gentle free-run) will maintain muscle mass and minimize joint stiffening.

-Physical Therapy (water treadmill sessions, ROM, laser, and acupuncture) can be beneficial in maintaining appropriate function.

7. Osteoarthritis Drugs:

1. **Synovetin** - Radionucleotide injected intra-articular (IA) every 9-12 months
2. **Librela** - monthly injectable anti-nerve growth factor (NGF) monoclonal antibody (mAb) therapy for dogs with osteoarthritis (OA) pain
3. **Spryng** - OsteoCushion injected intra-articular (IA)

6. Biologics Treatments:

Platelet-Rich Plasma (PRP) injections – Performed under heavy sedation every three weeks for 2-3 total treatments.

Stem cell therapy -

Fat & bone marrow derived; samples banked at outside facility. Requires surgical collection.

5. Adequan Injections:

Adequan is an FDA-approved disease-modifying osteoarthritis drug for dogs.

- Injections are administered SC (under the skin) ONCE weekly for 6–8-week trial. If effective, then use every 1-2 weeks long term.
*Injections can be given at home or by your vet's office if you do not feel comfortable giving injections.

3. Joint Support Supplements:

Glucosamine/Chondroitin-

- **Preferred brands: Dasuquin & Cosequin/Cosamin** by Nutramax; Puritan's Pride (online)

Omega-3 Fatty Acids (Fish oil)-

- **Welactin** by Nutramax; **Puritan's Pride** (online)

Give daily on a long-term basis for joint health.

4. Anti-inflammatory medications (NSAID):

Rimadyl or generic equivalent, Metacam, Deramaxx, Previcox and Galliprant. These medications can be used as needed (PRN) to relieve pain; give prior and/or after exercise.

- Routine lab work recommended to monitor kidney, liver, and GI side effects.

