

# HIP DYSPLASIA

*Sage Canine Rehabilitation Center*



## UNDERSTANDING HIP DYSPLASIA

Hip dysplasia is a hereditary condition where the hip joint does not develop properly, leading to malformation and instability. Over time, this can result in pain, lameness, and reduced mobility. While certain breeds are more prone to hip dysplasia, it can affect dogs of all sizes and backgrounds.

## TREATMENT OPTIONS FOR HIP DYSPLASIA

**Lifestyle Modifications:** For mild cases or as a part of a comprehensive treatment plan, managing your dog's weight, providing moderate exercise, and offering joint supplements can help alleviate symptoms.

**Medications:** Non-steroidal anti-inflammatory drugs (NSAIDs) and pain medications can be prescribed by your veterinarian to reduce pain and inflammation associated with hip dysplasia.

**Physical Therapy:** Physical therapy and targeted exercises can help improve muscle strength and joint stability, reducing the impact of hip dysplasia.

**Joint Supplements:** Your veterinarian can recommend and prescribe joint supplements that can slow the progression of the disease.

**Surgical Intervention:** In more severe cases, surgery may be recommended. Surgical options include:

- Femoral Head Ostectomy (FHO): Removal of the femoral head and neck to alleviate pain and restore function.
- Total Hip Replacement (THR): Replacing the entire hip joint with a prosthetic implant for improved mobility.

## SIGNS THAT YOUR DOG MAY HAVE HIP DYSPLASIA:

- **Limping or lameness:** Often more noticeable after exercise or as your dog ages.
- **Difficulty getting up:** They may struggle to rise from a lying position.
- **Decreased activity:** Your dog may be less willing to engage in physical activities.
- **Stiffness and pain:** They may show signs of discomfort, especially in the hip area.
- **Loss of muscle mass:** Over time, the hind leg muscles may atrophy.







**Hip dysplasia can be a challenging condition for both dogs and their owners. It often leads to discomfort, stiffness, and decreased mobility. Physical therapy plays a vital role in enhancing your dog's quality of life by addressing these issues.**

## MANAGING HIP DYSPLASIA

- Maintain a healthy weight to lower impact on your dog's joints
- Exercise Wisely: Avoid high-impact activities like jumping from heights, especially for puppies.
- Joint Supplements: Discuss joint supplements with your veterinarian.
- Regular Vet Check-ups: Schedule regular veterinary visits to monitor your dog's overall health, including their hip joint health.
- Orthopedic Beds: Provide your dog with a bed that offers support for their joints, particularly as they age.

## Physical Therapy Treatment for Hip Dysplasia:

**Pain Management:** Physical therapists use various techniques including LASER, manual therapy, PEMF, and electrical stimulation to alleviate pain and reduce inflammation in the hip joint.

**Muscle Strengthening:** Weak muscles around the hip joint can contribute to the instability caused by hip dysplasia. Physical therapy includes exercises and activities designed to strengthen these muscles, promoting joint stability.

**Enhancing Range of Motion:** Restricted joint movement is a common issue with hip dysplasia. Physical therapists employ stretches and exercises to improve the range of motion in the affected hip joint.

**Promoting Weight Management:** Maintaining a healthy weight is crucial for dogs with hip dysplasia. Physical therapists can help you design an exercise regimen that helps your dog shed excess pounds or maintain a healthy weight, reducing stress on the hips.

**Enhancing Mobility:** By addressing pain, muscle weakness, and joint stiffness, physical therapy can significantly improve your dog's overall mobility.

**If you have questions or any concerns about your pet's joint health, please do not hesitate to contact our clinic!**



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