

# 7 tips to support dog joint health



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Good dog joint care starts when your dog is a puppy. Always supervise your puppy exercise routine carefully as over exercising before the bones and joints are fully mature can cause permanent joint injuries and lead to future joint problems.

Though it is never too late to start caring for your dog's joints. The best way to deal with any health issues is to try to prevent them before they occur. There are a number of ways you can try to prevent, or delay, joint pain and stiffness.

*These 7 tips can help you to maintain your dog's joint health for as long as possible*

## 1. Balanced diet is good for joint health

A good balanced diet is fundamental for your dog's health, including his joint health. Bear in mind that not all foods are equal. Make sure you know and understand the ingredients in the food you give your dog. The best dog food for joint health includes all the necessary nutrients your dog needs.

Dogs with joint problems **benefit from food containing** Omega 3 fatty acids as well as Glucosamine and Chondroitin.



Some commercial dog foods today include Omega 3 and / or Glucosamine. However, few include enough to make a difference for dogs already suffering from joint problems, or to prevent joint issues in breeds that are prone to joint problems later in life.

In those cases, adding a joint supplement to the diet is beneficial. However, top quality commercial dog food may include enough to support joint health in young dogs and in breeds that are less likely to develop joint issues.

For dogs on a raw food diet, or a homemade diet, good sources of Glucosamine are contained within anything with a lot of cartilage and connective tissue.

For example, raw beef trachea, chicken feet and pork tails. While most glucosamine supplements are made from the exoskeletons, or outer shells, of crustaceans (not very palatable in any other form).

The best food source of Omega 3 is fatty fish (salmon, tuna, sardines, cod liver). Flaxseed or Canola oils are also high in Omega 3 but only fish oil contains the all-important DHA and EPA fatty acids.

*[Check this out](#) if you are concerned that your dog is not getting enough Omega in his diet or the right balance of fatty acids.*

## Monitor your dog's weight

It is important not over-feed your dog. Being overweight causes additional strain on the joints and escalates your dog's joint problems.

So monitor your dog's weight throughout his life.



## 2. Exercise to keep moving

Dogs love to be active, meaning lots of strain on their joints. Even dogs on a good balanced diet can feel joint stiffness when they overdo it. And the older the dog, the more frequently he will experience joint pain and stiffness.

Let's face it, we all get stiffer as we grow older and our dogs age much faster than we do.

Regular exercise is vital for all dogs. Exercise strengthens muscles, keeps ligaments and tendons flexible, prevents obesity and circulates blood to stiff joints. It is, however, important to avoid extreme exercise as it may cause joint damage.



This does not mean you cannot enjoy long walks, energetic games or train with your dog. Just remember that, just like us, your dog needs to warm up and build up his stamina.

Cooling down is also important as it reduces stiffness by assisting the removal of lactic acids in the body. So when you have finished your exercise routine calm your dog down, i.e. get his heart rate back to normal.

Just make sure your dog does not overdo it. Watch out for heavy panting, pain or other signs of overexertion.

## Keep moving

It is important to keep your dog moving even if your dog is experiencing some joint discomfort. Just adjust your exercise routine to fit his needs. Gentle exercise will help to lubricate the joints and make him feel better. The worst thing you can do for your dog is to stop him moving. So keep your dog moving for as long as possible.



If your dog is reluctant to start moving because of aching joints, try to encourage him, whether with treat or affection. As soon as he starts slowly moving, it will get easier.

## The best exercises for dogs with joint issues

Low impact exercises are best for dogs suffering from joint issues, like gentle walks on a lead. You may want to keep your walks shorter but more frequent. For example, go for 3 or 4 shorter walks instead of 1 or 2 long ones.

If your dog loves water, then swimming is another excellent low impact exercise.

The water supports the body weight (reducing stress to the joints) and prevents any sudden excessive movements, while building strength at the same time.

Just make sure your dog can get easily in and out of the water. Dogs with joint problems should not jump or leap into water, nor have to climb back up.

If you do not have access to any suitable natural swimming facility, then you may want to consider hydrotherapy for dogs.



### 3. Use a high-quality dog joint supplement

A good quality dog joint supplement can also help to delay, or even prevent, joint problems in dogs.

*As with all supplements, it is all about the ingredients.*

Various studies (on humans and animals) have shown that some active ingredients support joint health better than others do. Then there are ingredients that are commonly believed to be beneficial but do not have satisfying studies to support their efficiency.

The best-known supplements for joint health today are Glucosamine, Chondroitin, and Hyaluronic Acid (Sodium Hyaluronate).

Glucosamine helps maintain joint mobility and relieve joint pain.

Chondroitin Sulfate provides connective tissue support and protects the cartilage. While Hyaluronic Acid gives elasticity to joints and is important for tissue hydration, lubrication and cellular function.

Studies have shown better results from using Glucosamine and Chondroitin together compared to using either substance on its own. For maximum results, a high-quality dog joint supplement should also include Hyaluronic Acid.

There are many other active ingredients available which are equally beneficial for dog joint health. Like Methylsulfonylmethane (MSM) which is important for connective tissue support and cartilage health. Cetylated Fatty Acids support joint and connective tissue health and Bio Active Whey protein supports joint health by balancing immune and gut function. While antioxidants, like Calcium Ascorbate, can reduce free radicals as well as minimize stress associated with great physical activity.



Studies have also shown that many herbs and botanical extracts can provide tissue support and help sustain healthy joints and muscle tissue.

These include Turmeric extract, a powerful antioxidant which can help decrease swelling and inflammation, Bromelain which can help ease pain and swelling as well as support recuperation and Devil's Claw which has a long history of use as an anti-inflammatory. Modern research has confirmed its effectiveness.

*[maxxiflex+](#) is an advantaged dog joint supplement from maxxidog which contains all the above ingredients and more. And as it is all about the ingredients we at maxxipaws guarantee that all the stated ingredients are present in the product at the date of manufacturing.*

There is no question in our mind that a good quality joint supplement can benefit dogs suffering from joint issues. And our customers tell us the same. Our loyal repeat customer base and their testimonials provide us with all the confirmation we need.

#### **4. Small changes can have a big impact**

A few minor changes in your dog's environment can have a major impact on your dog's joint health.

Like providing a dog ramp for easy access in and out of the car and steps to help him get on and off the furniture (believe it or not, you will miss it when he cannot get up there anymore on his own). Not having to jump up and down makes a lot of difference to sore joints.

Heated beds are great to prevent stiff joints after naps and can help ease arthritic aches and pains. Again, make sure that entry and exit from your dog's bed is as easy as possible (with at least one low side).



Consider using elevated feeding trays so your dog does not have to bend down to eat or drink.

Keep the dogs toenails short as overgrown toenails can distort walking and place abnormal stress on the joints. The toenails should just touch the floor when your dog is standing.

There are also available various walking support slings and harnesses for dogs that struggle with supporting their own weight. And walking pet strollers (similar to baby stroller) can be beneficial when taking your dog out and about, i.e. they allow your dog to rest and / or enjoy longer outings despite reduced mobility.

These simple changes are easy and inexpensive to implement but can significantly support your dog's joint health.

## 5. Massage and physiotherapy

Gentle massage is not only good for the joints. It is also great for bonding and reduces anxiety, aids digestion, decreases blood pressure... the list of benefits goes on and on. Massage is also a good way to spot any potential health issues, like tumors, ticks and so on.

It is, however, important to learn how to massage your dog correctly. Massaging a dog is not the same as massaging a person. If you are not familiar with dog anatomy, you could end up accidentally injuring your dog.

*Invest in a good guide to learn how best to massage your dog or seek professional advice.*

Simply put, massaging a dog is about using gentle motions. To help ease arthritis pain, very gently massage around (not directly) the affected area by using a kneading motion. Be careful not to press too hard. You can also gently bend and stretch your dog's legs to help ease the pain but stop if your dog flinches. Forcing it could cause more harm than good.

Physiotherapy for dogs is also becoming increasingly popular. It can help to restore and maintain mobility. Just make sure the Physiotherapist you see is trained in physiotherapy and rehabilitation for animals.

## 6. Regular health checkups

Take your dog to the veterinarian for regular health checkups. Early detection of joint problems is important, as it is easier to deal with all health problems in the early stages.

Dogs' pain threshold is high, so they have often suffered from joint pain well before we notice it. No matter how old your dog is or which breed, always pay close attention to his activity level as it can give you vital clues about his joint health.

Detecting joint problems early on while the symptoms are still relatively mild, allows you to use less intrusive joint treatment options, like joint supplements for dogs.



A quality canine joint supplement can help to heal damaged cartilage, prevent joint inflammation, and act as a powerful joint pain relief. Unfortunately, though, sometimes the joint problems are too advanced and more drastic measures are required...

## 7. Medication and surgery

Dogs with more advanced joint problems may have to go on prescribed medication, like non-steroidal anti-inflammatory drugs (NSAIDs), corticosteroids or pain-relieving medications which have effects related to morphine. These medications do not treat the cause of the problem and can have serious side effects, making them unsuitable as long-term dog joint treatments.

In the most advanced cases, surgery may be needed, e.g. dog hip replacement or joint fusion. Surgery is not without risk and can be costly if your dog is not adequately insured.

*It therefore makes perfect sense to try to prevent or delay the onset of dog joint problems for as long as possible. We hope you read this in time to implement some of the tips mentioned in the first 6 sections.*

We hope you have found these tips helpful to support and maintain your dog's joint health. If you have any questions or if there is anything we may be able to assist you with, please [contact us directly](#) through our website, [www.maxxipaws.com](http://www.maxxipaws.com).

Kind regards,

*Asa and Birgir Gislason*

Owners of maxxipaws

**maxxiflex+** is an advanced dog joint supplement that supports and maintains healthy joint function and can alleviate joint pain.

maxxiflex+ contains all the ingredients you expect to find in premium quality dog joint supplement like Glucosamine, Chondroitin, and Hyaluronic Acid.

maxxiflex+ also contains additional ingredients that are as important for good joint health, like MSM, Devils Claw, Bromelain, and Turmeric.

With maxxiflex+ build a joint-healthy lifestyle for your dog and help your dog move easier.

[Click here](#) for more information about maxxiflex+.

