

# 10 ESSENTIALS

for senior dogs



Kylie Marks

Strong and Steady Canines

# 1. A supportive and super comfy bed!

Providing an orthopaedic bed (yes sure, we all know sometimes they prefer the floor!) means that while they're snoozing their joints will be better supported, have less stiffness and less pain when they wake!



# 2. An awesome joint supplement!

Supplements can be useful in optimizing joint health, however some are better than others.

Also it's important to note that they can't rebuild muscle (only exercise can do that!).



# 3. Yummy, low fat treats.

Lots of store bought treats are high in sugars and fats. Yummy low fat treats helps keep our dogs' weight down and entices them to do exercise training.

You can make healthy ones at home using a dehydrator OR buy from a trustworthy source.



# 4. An easy and effective exercise program

Strengthening exercises build muscle, improve quality of life, decrease pain and improve function.

Grab my 8 week exercise program for dogs with hip arthritis for under \$50!



# 5. Massage

Massaging your senior dog helps to decrease pain, maintain a close bond, relax tight muscles, identify any lumps and bumps and lots more!

Learn to massage your own dog or ask a canine massage therapist.



# 6.

## Regular walks

Walking is great for overall health but doesn't necessarily improve strength (that's why strength exercises are important too!).

Watch for signs of fatigue or pain and if they show any stiffness or soreness they may need a shorter walk than usual.



# 7. Regular vet visits

As our dogs get older they will need their doctor more, just as humans need theirs too!

Your dog may need to have regular blood tests and check ups, so budget for these extra expenses!



# 8. Good quality, low fat food

Older dogs are more prone to gaining weight. Be sure to read the ingredients and fat/calorie content.

Talk to your vet about a good quality food that is low in fat and suits your dog's needs.



# 9. Healthy teeth and gums

Smelly breath and discoloured teeth may be a bit unpleasant for us dog parents but for our dogs it may indicate something serious like disease or pain.

Chat to your vet about strategies to make those canines sparkle!



# 10. Pain relief

Our dogs hide pain really well and it's definitely not something you want to miss!

Make sure you know all the signs of pain (some are really subtle) and ask your vet to do a pain assessment and prescribe pain relief if necessary.



# Want to know more?

Come over to the FREE Facebook group  
Rehab Tips for Senior and Arthritic Dogs

<https://www.facebook.com/share/sVh9VyKNmsepGzRc/?mibextid=K35XfP>

