



Pet News

Psychotropics Animal Health Division Publication



pil

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From the Editor's Desk.....

Dear Veterinarians,
Animal Healthcare by PIL is very sensitive to the needs of pets. Through our Pet News, Animal Healthcare by PIL tries to bring solutions to common pet problems.



In this edition, we talk about the common problem of Hip Dysplasia in pets. Many pets suffer from this disease but there are hardly any facilities in our country for rehabilitation activities (like swimming/ underwater treadmills) for such pets.

It was when my dog was suffering from Hip Dysplasia that I found difficulty in improving my beloved dog's hip joint. I read a lot and learnt that with few simple physical therapies, a dog with hip dysplasia can be rehabilitated without the need of special equipment or facilities.

I felt I must share this with fellow veterinarians and do my bit in helping any pet coming to you with the problem of hip dysplasia. I hope that these exercises benefit your pet patient equally as they benefitted mine.

With your support, Animal Healthcare by PIL will continue to strive for the betterment of animal health in all times to come.

Regards
Geetika Rao
Business Development Executive
Animal Healthcare Division
Psychotropics India Ltd.

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Maintaining Ear Hygiene in Pets

Various pet health issues worry pet owners at some point of time or other. Among these issues, pet ear infections are one of the most common. Ear infections once contracted give sleepless nights to not only the pet but the pet owner also. A dog's ears must be cleaned at least once a week.

The best way to ensure to keep the pet away from such discomfort is to maintain good ear hygiene, especially so in case of:

- > Dogs living in hot and humid climate
- > Dogs having long or floppy ears
- > Dogs with skin allergy/ skin disease/ food hypersensitivity

A healthy ear should be pink in color and free of excessive wax buildup or dirty discharge.



Healthy Ear



Ear With Inflammation

pil's Squeeze only

PET DENTAGEL

- ✓ Removes Plaque
- ✓ Controls Bad Breath
- ✓ Fights Gum Diseases
- ✓ For Dogs & Cats

Self Spreading & Self Cleansing Dental Gel



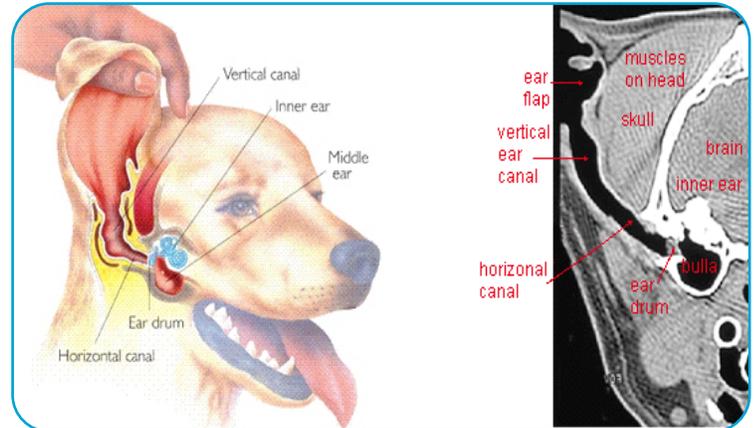
To get updates on pet issues, follow us at <https://www.facebook.com/pilanimalhealthcare>



Anatomy of Dog and Cat Ears

A dog's ears has three major parts:

- > **Outer Ear :** The outer ear canal consists of the ear flap or the pinna which can be either upright (pointed ear), or floppy. Dogs have a very long ear canal that bends at almost 90° as it travels to the deeper parts of the ear.
- > **Middle Ear :** The Ear Drum or the Tympanic Membrane lies between the middle and outer ear. The ear drum is very fragile and can be damaged easily by infection or while cleaning.
- > **Inner Ear :** The inner ear connects to the brain and contains nerves and centers for balance and hearing.



Cleaning Dog's Ears

- > Put a generous amount of ear cleaner in each ear.
- > A generous amount, and not a few drops should be put as the ear canal is deep and bent at 90°. A small amount of solution will not be able to reach till the end of ear canal.
- > Massage the base of the ear for about thirty seconds. This will help the solution to drip down into the deep ear canal. A good ear cleaner breaks the excessive ear wax inside the deep ear canal.
- > Now let the dog shake his head. **Shaking the head helps excessive wax build up to come out at the top** along with the lubricant ear cleaner drops.
- > Use cotton balls to remove discharges from the inner side of the ear flap.
- > A Q-Tip (cotton bud) should be used only till where the ear

canal is visible. Deep probe by a Q-Tip may damage the eardrum permanently, or even push the ear wax further into the ear canal.

- > Dogs with chronic ear infections will benefit from anything that increases air flow to their ears. The air flow can be increased by:



A dog with ears taped at top of his head for increased airflow

- ✓ Trimming the hair around the opening of the ear canal.
- ✓ Taping the ears on top of the head. Any stretchy fabric or even a sock can be used for this.



Introducing

WAXOTIC

A UNIQUE NATURAL FORMULATION FOR KEEPING PET'S EARS HEALTHY

Unique Ingredients:

Salicylic Acid: A Keratolytic agent that breaks the ear wax and dirt build up in pet's ears

Benzocaine: A local anesthetic, relieves pet from any pain, stops the pet from repeatedly scratching ears

Turpentine Oil: An Anti-Inflammatory, prevents inflammation of the ear canal, relieves the pet of discomfort associated with inflammation, also an anesthetic and relieves pain

Tea Tree Oil: Kills germs and bacteria. Arrests any developing infection





Hip Dysplasia in Dogs

What is Hip Dysplasia?

The hip joint of any mammal is a classic example of the ball and socket joint. Hip Dysplasia is an inherited condition resulting from a poor fit of the "ball and socket" nature of the hip. It may occur in any mammal including dogs. **However, statistics show that this disease affects more than 50% of large breed dogs.**

How does it occur?

Primary cause of hip dysplasia is genetic. A way to escape this problem could be to breed dogs with only normal hips. Nutritional factors also play a major role in development of hip dysplasia. When a large breed puppy is pushed to grow too fast providing extra protein/ calcium or just extra food, the muscles and bones grow at different rates leading to joint diseases. Excessive exercise in case of growing puppies may also put too much pressure on the hips and should be avoided. Hence, hip dysplasia may begin in dogs as early as 6-18 months of age as well.

Causes & Symptoms of Dysplasia

Causes

Potential risk factors include :

- > Genetics
- > Rapid growth
- > Large size of breed
- > Diets that are rich in calories, fat & calcium

Symptoms

- > Limping
- > Difficulty standing up
- > High end "bunny hopping" (hip dysplasia)
- > Loss of muscle mass in the affected leg
- > Difficulty using stairs
- > Pain when jumping

Treating & Prevention of Dysplasia

Treatment

- Surgery
- Physical therapy
- Acupuncture
- Stem cell therapy
- Nonsteroidal anti-inflammatories
- Nutritional supplements
- Pain relievers
- Weight loss
- Exercise
- Cold laser therapy

Prevention

- Proper diet
- Avoid over feeding
- Less caloric intake (puppies)
- Lower calcium and fat intake (puppies)

Preventing & Treating Hip Dysplasia

There are many ways of preventing and treating hip dysplasia. However, we will discuss in-depth the physical therapy aspect of treating hip dysplasia in dogs. Physical therapy is known to have shown great results in dogs in treating hip dysplasia. **Pet parents should be educated about symptoms of dog hip dysplasia so that they can start physical therapy of their pet at an early stage than having the pet to start limping before any remedial action is taken.**

Physical Therapy 1 : Sit to Stand Exercise

The Exercise : Command the dog to sit. The dog must sit in the correct posture as shown below. Command the dog to stand up. A low calorie treat can be given to the dog in between to keep him interested in the exercise.

In case the dog does not sit properly as shown below, the pet owner may follow the following steps:

- > The dog should face away from the pet owner, with the pet's hips touching the owner's legs.
- > The hind limbs of the dog should be placed in a way that the paws are exactly below the pet's hip joints.
- > Pressure is placed downward on the pelvis and some pressure is put behind the hamstring muscles.
- > Sometimes, it might be necessary to place a shoulder

over the pelvis to create enough downward pressure for the dog to squat.

- > These steps will force the pet to sit in the right way

Precautions : The exercise should be begun with a warm up by giving him a short walk. One can start with 5/10 repetitions once or twice a day and go upto 15 reps as the pet progresses. However, if the pet appears too tired, rest should be given and then started again

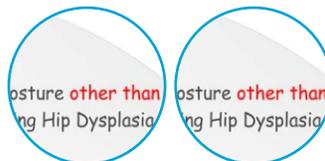
Mechanism : When the dog stands up from the right sitting posture, the muscles near the hip are worked out without putting too much pressure on the hip joint. Thus the muscles around the hip get strengthened.

Right Sitting Posture



Posture other than this is not correct for dogs with Hip Dysplasia

Wrong Sitting Posture



Posture other than this is not correct for dogs with Hip Dysplasia

? DID YOU KNOW

- > Incorrect sitting posture is the first symptom of hip dysplasia in dogs
- > Dogs should be trained right from puppyhood to sit appropriately
- > There is only one right way of sitting for dogs as shown in the image



Physical Therapy 2 : Side Stepping Exercise



This exercise strengthens the gluteal and lateral thigh muscles. Stand facing the dog as shown in the figure, with one hand on the collar and the other on the dog's side. Step into the dog until the dog steps to the side. The dog should move directly laterally with no forward motion. Start with 3 to 5 steps gradually increasing to 10 to 15 steps per side. 2 to 3 sets may be performed with rest period in between.

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Pet Skin**

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Physical Therapy 3 : Passive Range of Motion Exercises

PROM exercises are used to improve range of motion when exercise is restricted and also to maintain range of motion in dogs with ample abilities. These exercises promote healthy joints. Following PROM for keeping the hip joint healthy may be performed

Hindlimb Flexion



Grasp the limb with 1 hand below the stifle and the other below the hock. Bring the stifle to the body wall, the hock to the ischium, and then the metatarsals toward the tibia for full flexion.

Hip & Stifle Extension



Without changing hand position or the dog's back position, use the hand at the stifle to guide the limb back until slight resistance is met. Massage the quadriceps muscle group if needed to facilitate further motion.

Hip Flexion, Stifle Extension



Move your lower hand to the hock (resting fingers at the malleoli) and your upper hand just anterior to the stifle. Move the dog's limb forward slowly until the toes reach the elbow (with the limb in normal standing position) or resistance is met. Massage the hamstring muscles if necessary to facilitate this stretch.

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Pyrantel Embonate 14.4mg + Febantel 15mg per ml Susp.

*Multi-spectrum Dewormer
for Dogs & Puppies*



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