



MOBILITY PROGRAM
by **vetoquinol**


**A COMPREHENSIVE
PROGRAM**

TO HELP YOUR PET
SUFFERING FROM
OSTEOARTHRITIS

#MAXKEEPMOVING







Paste your dog's or cat's photo

MY PET

Breed: _____


Name: _____

Date of Birth (age): _____


Weight: _____

☐ Male

☐ Female



☐ CANINE



☐ FELINE

#MAXKEEPMOVING

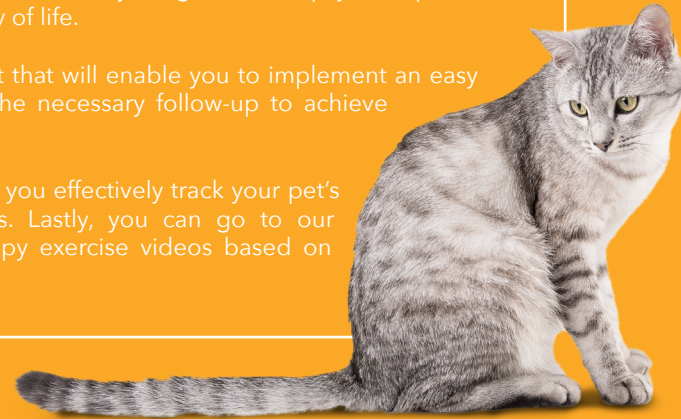


Life is movement and movement is life.
This basic principle applies to both you and your pet.

We know that you take your pet's health very seriously. That's why we developed the Vetoquinol Mobility Program to help you improve and protect your pet's quality of life.

This program is a toolkit that will enable you to implement an easy exercise regimen and the necessary follow-up to achieve your objectives.

There are charts to help you effectively track your pet's treatment and progress. Lastly, you can go to our website for physiotherapy exercise videos based on three levels of difficulty.





MEDICAL TREATMENT

Osteoarthritis is a complex disease whose clinical signs reflect different degrees of pain and inflammation. Your veterinarian and veterinary staff are the most qualified to advise you on the best options of medical treatment for your pet. Only your veterinarian is qualified to prescribe these medications/supplements that require an assessment to be administered safely.



WEIGHT MANAGEMENT

Critical in preventing joint disease. The heavier the animal is, the more effort is required to perform daily activities. Therefore, the greater the risk of over-stressing joints that may age prematurely. Along with an exercise program, your veterinarian can give you nutritional advice and a suitable diet to improve your pet's "body score." If your pet is overweight, he/she needs a high quality, low-calorie diet with added nutrients beneficial for joint health.



OSTEOARTHRITIS



PHYSIOTHERAPY

Veterinary physiotherapy is a non-invasive method for reducing pain, facilitating mobility and improving your pet's quality of life. Treatment involves several techniques such as passive exercises, massage and baths.



FOLLOW-UP

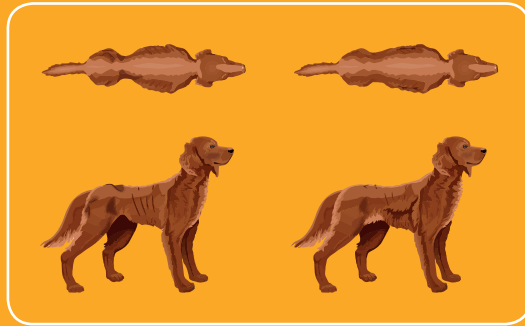
Follow-up charts to record your pet's physical parameters will help you to track his/her progress and encourage you to continue with your efforts.



We offer a range of different tools to support you through your pet's progress.

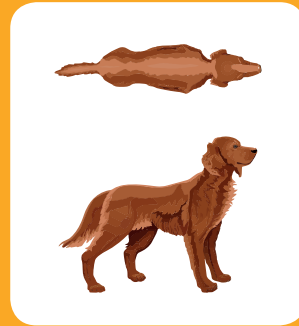
CANINE/BODY CONDITION SCORING CHART*

The body condition scoring will help you determine if your pet's weight is below, ideal or above average, according to his anatomy.



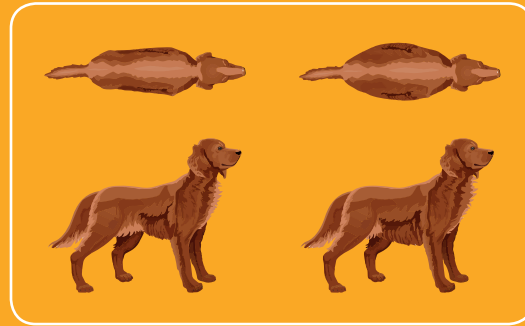
TOO THIN

- 1 Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.
- 2 Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. Minimal loss of muscle mass.
- 3 Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.



IDEAL

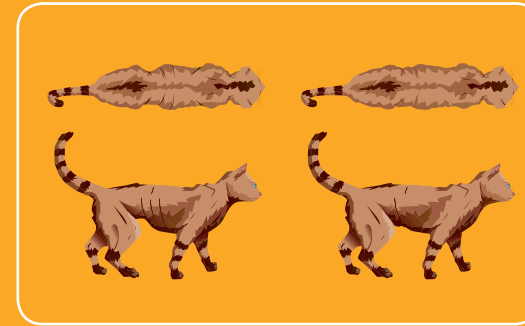
- 4 Ribs easily palpated with minimal fat covering. Waist easily noted, viewed from above. Abdomen tuck evident.
- 5 Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.



TOO HEAVY

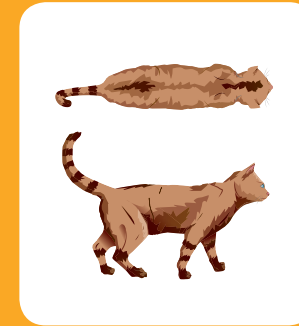
- 6 Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.
- 7 Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.
- 8 Ribs not palpable under heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.
- 9 Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.

FELINE/BODY CONDITION SCORING CHART*



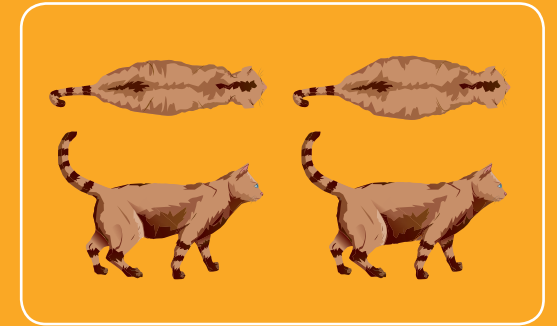
TOO THIN

- 1 Ribs visible on shorthaired cats; no palpable fat; severe abdominal tuck; lumbar vertebrae and wings of ilia easily palpated.
- 2 Ribs easily visible on shorthaired cats; lumbar vertebrae obvious with minimal muscle mass; pronounced abdominal tuck; no palpable fat.
- 3 Ribs easily palpable with minimal fat covering; lumbar vertebrae obvious; obvious waist behind ribs; minimal abdominal fat.
- 4 Ribs palpable, with minimal fat covering; noticeable waist behind ribs; slight abdominal tuck; abdominal fat pad absent.



IDEAL

- 5 Well-proportioned; observe waist behind ribs; ribs palpable with slight fat covering; abdominal fat pad minimal.



TOO HEAVY

- 6 Ribs palpable with slight excess fat covering; waist and abdominal fat pad distinguishable but not obvious; abdominal tuck absent.
- 7 Ribs not easily palpated with moderate fat covering; waist poorly discernible; obvious rounding of abdomen; moderate abdominal fat pad.
- 8 Ribs not palpable with excess fat covering; waist absent; obvious rounding of abdomen with prominent abdominal fat pad; fat deposits present over lumbar area.
- 9 Ribs not palpable under heavy fat cover; heavy fat deposits over lumbar area, face and limbs; distention of abdomen with no waist; extensive abdominal fat deposits.

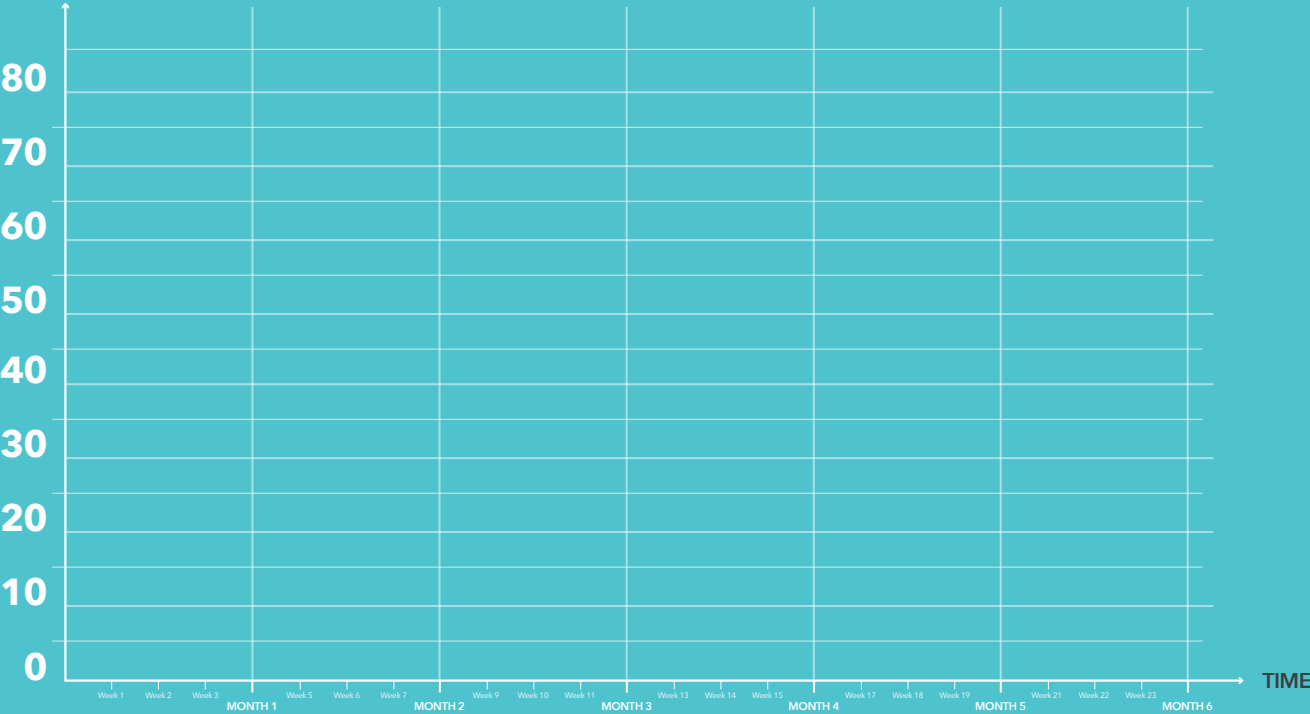


WEIGHT MANAGEMENT CHART

Record your pet’s weight in order to monitor his progression.

Ideal Weight:

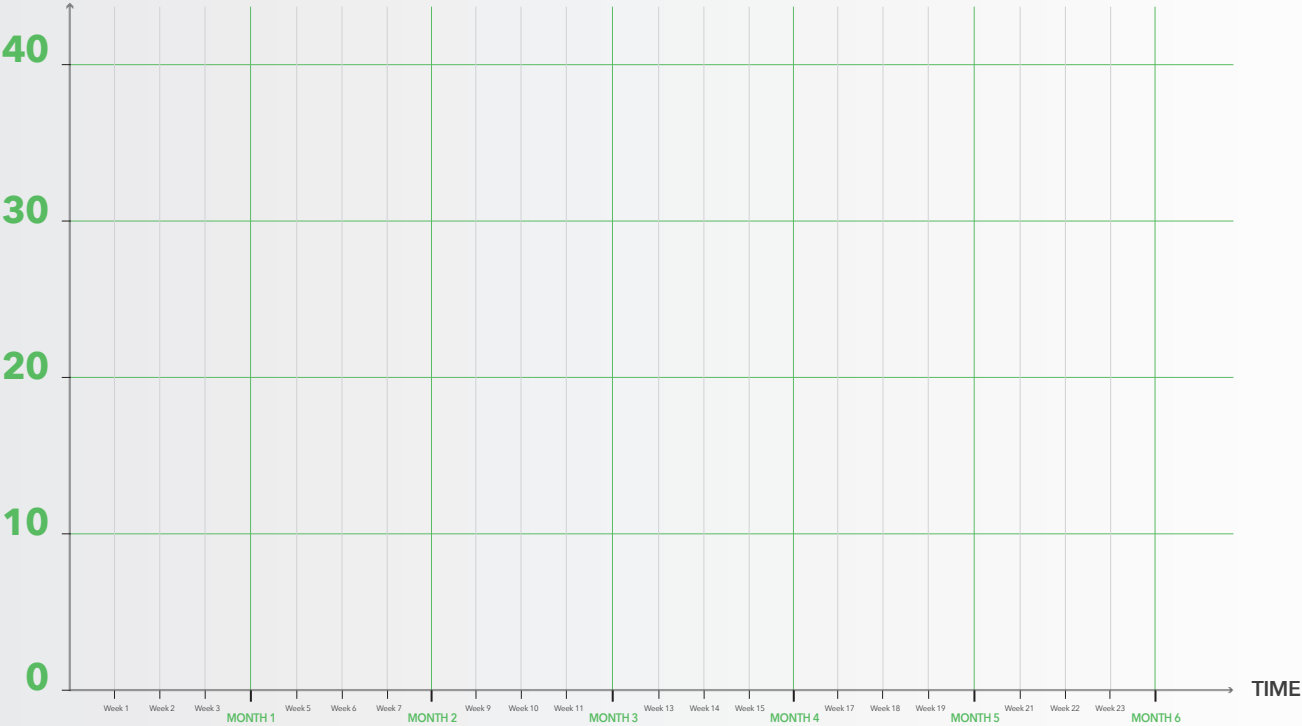
WEIGHT (KG) (0-80)



MOBILITY MANAGEMENT

Record scores from the tear pad sheets on to the graph to track your pet’s comfort and mobility levels. If the score decreases over time, you should consult your veterinarian, who will be able to determine the causes of this mobility loss.

LEVEL (0-40)





DID YOU KNOW?

Physiotherapy is primarily done with simple movements that can be performed at home—massage, joint mobilization, physical exercise. All that is required is time and attention for your pet.

The objectives are multiple and varied (dysfunction improvement, pain reduction, prevention of muscle, tendon and ligament atrophy, etc.) and the benefits are even more numerous, such as:

- Functional improvement with movement and quality of movement in elderly animals
- Reduced pain, inflammation, swelling and the complications that occur as a consequence
- Decreased recovery time after a surgical procedure
- Better recovery after exertion











Lastly, your pet’s overall well-being is improved!

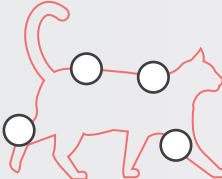


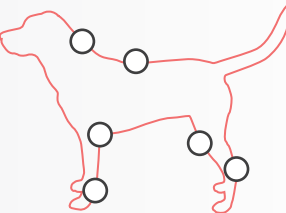
Rediscover all these benefits for your pet today and how physiotherapy is a mainstay of veterinary care.



PHYSIOTHERAPY

Below are some exercises to help with your pet’s mobility. You can select the most appropriate ones based on your vet’s advice. Our toolkit will help you plan a recommended exercise program.

 PROM (Passive Range Of Motion)	 WITHDRAWAL REFLEX	 GIVE A PAW	 WEIGHT TRANSFER	 CONES
Sessions per week <input type="text"/>	Sessions per week <input type="text"/>	Sessions per week <input type="text"/>	Sessions per week <input type="text"/>	Sessions per week <input type="text"/>
# of reps by sceance <input type="text"/>	# of reps by sceance <input type="text"/>	# of reps by sceance <input type="text"/>	# of reps by sceance <input type="text"/>	# of reps by sceance <input type="text"/>
 Osteoarthritis: Passive exercises	 Osteoarthritis: Basic therapeutic exercises	 Osteoarthritis: Basic therapeutic exercises	 Osteoarthritis: Basic therapeutic exercises	 Osteoarthritis: Basic therapeutic exercises

 Right side	 Left side	 Right side	 Left side
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Remember to always respect your pet’s abilities and never have him exercise if he is overtired.

For more information, scan the QR code with your smart phone or follow the link on YouTube: www.youtube.com/user/VetoquinolCanada





MEDICATION/SUPPLEMENTS

Date	Name



MEDICATION/SUPPLEMENTS

Dose	Comments

Doses: Follow your vet’s instructions.
The comments column is useful to record your pet’s response and provide the vet with accurate information at your next appointment.

