



Weight Management

Another factor to consider when managing a dog's pain level is weight. Obesity plays a huge part in the effect of long term pain especially in cases such as osteoarthritis. It is suggested that just a small amount of weight loss in an obese / overweight dog can significantly improve lameness scores and reduce pain levels. Keeping your dog at a suitable weight is not only essential in pain management but can also aid as a pain preventative. Excess weight can exacerbate any physical issues that may arise and also increase the risk of your dog having these physical issues. Managing weight when a dog is in pain is more challenging than in a healthy dog due to exercise restrictions. When exercise is reduced in a dog, food should be decreased proportionally.












WEIGHT MANAGEMENT PROGRAMME

BODY CONDITION SCORE MEDIUM DOG



ROYAL CANIN

TOO THIN		
<p>1</p>  <ul style="list-style-type: none"> • Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance • No discernible body fat • Obvious loss of muscle mass 	<p>2</p>  <ul style="list-style-type: none"> • Ribs, lumbar vertebrae, and pelvic bones easily visible • No palpable fat • Some bony prominences visible from a distance • Minimal loss of muscle mass 	<p>3</p>  <ul style="list-style-type: none"> • Ribs easily palpable and may be visible with no palpable fat • Tops of lumbar vertebrae visible, pelvic bones becoming prominent • Obvious waist and abdominal tuck
IDEAL		
<p>4</p>  <ul style="list-style-type: none"> • Ribs easily palpable with minimal fat covering • Waist easily noted when viewed from above • Abdominal tuck evident 	<p>5</p>  <ul style="list-style-type: none"> • Ribs palpable without excess fat covering • Waist observed behind ribs when viewed from above • Abdomen tucked up when viewed from side 	<p>6</p>  <ul style="list-style-type: none"> • Ribs palpable with slight excess of fat covering • Waist is discernible when viewed from above but is not prominent • Abdominal tuck apparent
OVERWEIGHT		
<p>7</p>  <ul style="list-style-type: none"> • 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 absent 	<p>8</p>  <ul style="list-style-type: none"> • Ribs not palpable under very 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 distension may be present 	<p>9</p>  <ul style="list-style-type: none"> • Massive fat deposits over thorax, spine, and base of tail • Waist and abdominal tuck absent • Fat deposits on neck and limbs • Obvious abdominal distension
OBESE		

General Comfort

For any dog that is in pain a thick bed that is plenty big enough for the dog is essential. Being able to **rest** and lie down comfortably is very important. Another important consideration is where the bed is placed. Make sure that their bed is not in a draught and it is in a nice quiet area of the house so that they can get away from the hustle and bustle of life.