

Ease Your Dog's Hip Dysplasia Naturally

Try these holistic methods to prevent or reduce the effects of hip dysplasia.

Lisa Hanks

Moderate exercise. Boisterous play can aggravate dysplastic joints. Keep your puppy from any kind of jumping or sustained activity until it is 1 year old. Thereafter, avoid activities involving strenuous jumping or sudden momentum changes. Swimming, which puts little stress on the joints, is recommended.

Alternative therapies. Acupuncture, homeopathy, therapeutic massage and chiropractic may relieve inflammation, pain and stiffness. Holistic veterinarians are most likely to turn to acupuncture because it seems to slow joint degeneration, even in severe cases. Acupuncture and massage also increase circulation throughout the body. Chiropractic readjusts the spine and other bones that may have been thrown out of balance by limping, favoring one leg or other attempts to relieve the pain.

Anti-inflammatory supplements and herbs. Yucca, comfrey, licorice, alfalfa, garlic and evening primrose oil possess anti-inflammatory properties but should be used sparingly. Check with a veterinarian or herbalist who has had experience using herbs on animals for specific usages and dosages.

Joint-nourishing supplements. The most successful alternative treatments appear to be supplements that stimulate the body to lubricate the afflicted joint and rebuild damaged cartilage. Holistic veterinarians often prescribe shark and bovine cartilage, glucosamine, chondroitin sulphate, proanthocyanidins, super oxide dismutase and glycosaminoglycans to relieve inflammation, nourish the cartilage and increase the joint lubrication fluid, which reduces pain and inflammation. In addition, your veterinarian may recommend a joint formula combining helpful herbs, vitamins and other supplements.

Thanks to natural products and alternative therapies, you can ease the crippling effects of hip dysplasia.