Senior Pet Care tips

Drs. Foster & Smith Educational Staff

senior care for body & mind

Being slow to rise, hesitant to climb, or anxious and unable to sit are often indications of pain in dogs with arthritis. But careful maintenance can boost your dog's quality of life. In fact, there is much you can do to help control and alleviate your dog's geriatric condition.

Keep Him Active

Senior dogs need consistent exercise. Daily, low-impact activity helps increase muscle strength, improves blood flow, and aids joint flexibility. In fact, movement is increasingly important as your dog's joint problems advance. To keep the exercise beneficial:

- Start slow – let your dog work through any stiffness before increasing the pace.
- Use low impact exercise – short and steadily paced walks and swims are best.
- Exercise daily – it is much better to do a little every day than a lot at once or infrequently.

Exercise His Mind

An active mind combined with consistent exercise can have a positive impact on your senior dog. Many old dogs can learn new tricks. If it is not stressful for your dog, enrich his still active mind and encourage movement:

- Flavor his daily exercise regimen with variety.
- Forge new routes when walking together.
- Stockpile toys and regularly rotate them.
- Try new activities, games, and treats.

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From joint to cognitive functions, by combining supplements, veterinarian recommended pain relievers, and exercise of both the body and mind, your senior dog's life can be rewarding and enjoyable.

Recommended Senior Care Products

Joint Care Premium 3

Joint Guard® Treats

Seek-A-Treat Dog Toys

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