

KNEES

A list of common knee problems in dogs: (Your dog's is checked)

- ACL ligament rupture, partial or complete. (Can often heal "okay" on its own)
- Meniscal ligament rupture (Audible click, sometimes heals without surgery)
- Medial Collateral Ligament hypertrophy (Stabilizing a "bad knee". Not a "bad thing").
- Bulkiness from degenerative joint disease (Chronic arthritis)
- Luxating Patella (Kneecap moves inward or outward. Intermittent lameness)

All knees are aggravated, (whether they have surgery or not), by **overweight**. In fact, knee problems **seldom** (almost never) happen in lean or normal-weight dogs. Oops!

After-the-fact, however; owners are always very surprised how many dogs can go off arthritis medications with scarcely more than weight loss. Life is short for big dogs with bad knees and fatness. Next thing you know, you're carrying them up and down stairs. (Johnsonvet.com/feedingchart)

Management

Weight Loss (More important and more effective than ANY medication, at all, bar none.) The following medications (in order) are how we 'ramp up' as dogs get older, and further along with their aches and pains. (Johnsonvet.com/pain) -and- (Johnsonvet.com/emory)

1. Buffered Aspirin
2. **Phycox** alone. (Excellent for use with all of the following as well)
3. Deramaxx as needed
4. Deramaxx on the daily
5. Deramaxx and Tramadol
6. Deramaxx and Tramadol and Gabapentin
7. Cannabis (THC) Edibles (Stardust Chews, Los Angeles CA) (Johnsonvet.com/THC)

"Kneebusters" Syndrome where a dog ruptures a knee. Then they bear all their weight on the "good" knee, and *that* excessive loading (especially if overweight) wrecks the "good" knee and down they go. Then it's Surgery, or carry them everywhere to pee and poop. Johnsonvet.com/kneebusters

DHEA Has been shown to accelerate weight loss by 60%. Dog in the sugar-pill group lost ten pounds, while dogs in the DHEA group lost SIXTEEN pounds eating the same calorie restricted diet. See: Johnsonvet.com/DHEA ...for dosing and other information.

Stubborn weight loss is either YOUR fault, or a **low-thyroid** situation. There's a blood test for that, which costs around fifty dollars. Johnsonvet.com/thyroid

Glucosamine / anti-oxidant and vitamin support is very useful in joints trying to heal. Phycox is without parallel, the best for this. But I also sell Cosequin and Dasequin. But Phycox is better and even a bit cheaper. But that's not the point. Johnsonvet.com/phycox

Q: Will pain medication mask pain and let the dog wreck the knee(s) more? **A:** Yes and no. They need to use a bum-knee a little bit or it will atrophy, plus; the "good knee" will pop carrying 100% of the weight. We want the knees to share a little. It's up to you to limit exercise if the knee feels ok for rough-housing.

The Knee Buster

The “Kneebuster” is any large breed dog that has far-exceeded its ideal body weight. And not just “a little pudgy”. When they sit, there’s a little roll of skin over each knee. You cannot see any ribs. When viewed from above, they have zero taper from shoulder/chest to hip.

These dogs are wide and “abundant” and **also** especially active. Okay enough euphemisms: They’re fat. And active. The “Knee Buster” phenomena occurs when these overweight dogs try to maneuver their considerable mass across uneven terrain while moving at a decent run. And somewhere along in there, they step in a hole and wreck the anterior cruciate ligaments in one of their knees. This renders the affected knee all but useless. To walk, they must bear almost all their weight on the “good” leg. And in the process of carrying twice as much weight as before on the “good” knee, it is quickly destroyed. Then the dog is “down” and cannot get outside to poop and pee and the owners end up carrying it. It’s at least six weeks before the dog “sort of” heals and can “sort of” get up. It’s faster if the dog has surgery. The surgery is about three thousand dollars per knee.

There’s a low cost alternative: Feeding dry diet dog food is just about free (comparatively) *since you have to feed the dog anyway*. And being diligent about the feeding, exercise and holding up on treats **avoids the whole problem**.

Feed 0.017 kitchen measuring cups of food per ten pounds of body weight.

How much do you want your dog to weigh? Here’s the breakdown:

- 120lbs = 2 cups twice a day
- 90lbs = 1 ½ cups twice a day
- 60lbs = 1 cup twice a day
- 30lbs = ½ cup twice a day
- 15lbs = ¼ cup twice a day

If you look at what you feed now, I bet you are accidentally feeding an amount suitable for twice your dog’s current body weight.

Why might your dog eat that little, *or even less*, and keep their pounds on?

1. Hypothyroidism
 2. Zero exercise
 3. Extreme age
 4. Extra treats and handouts.
 5. Stuff (meat or morsels) mixed in food
- “He’ll be starving on that little bit of food!”
 - Isn’t he **already** hungry all the time?

 - He won’t eat low calorie food
 - Yes, he will. But isn’t it odd to be worrying about a fat dog **not** eating?