

Caring for the Older Dog

Did you know that from age 7 years onwards your dog is considered to be a senior? however there is a big variation in breed and in general smaller dogs age more slowly than larger ones.

As with people dogs tend to slow down with age, they may want less exercise, and sometimes dogs can start to put on weight.

Sometimes there are personality changes, your dog may become friendlier or sometimes your dog may become grumpy.



Your dog may show symptoms such as losing weight, drinking more than he used to. Such changes can indicate that your dog is not well rather than 'just getting old'. If your dog shows these symptoms it is worth taking them to the vet to check there is no underlying medical condition.

Aging is a natural process, and there are common metabolic and physical effects of aging. Older dogs for example can experience a decrease in metabolic rate, they may show changes in sleep patterns, or stiffness on getting up or after exercise, or reluctance to go out for a walk.

Many dogs in this age group start to show signs of osteoarthritis and joint disease.

Massage helps a lot with older dogs and this can make a dramatic difference to the dogs quality of life.

- Massage can release natural endorphins which can help your dog relax as well as relieving areas of soreness.
- It can help to improve muscle tone which in turn will help joint stability and delay the effects of arthritis.
- Massage can improve mobility in the older dog
- Massage can stimulate the circulation which can help to re-invigorate the older dog.



Picture courtesy of Leicester Animal Aid

A massage session usually takes between 30 – 45 minutes and will take place in your own home. The first session is longer as this includes an assessment of your dog. Each session costs £25.

During the session I will show you ways of massaging your dog at home

A referral from your vet is needed before you can book the session, in line with the veterinary surgeons act 1966.

Contact me on 07951 686 694 or e-mail pawsinprogress@gmail.com or visit our website at www.pawsinprogress.co.uk