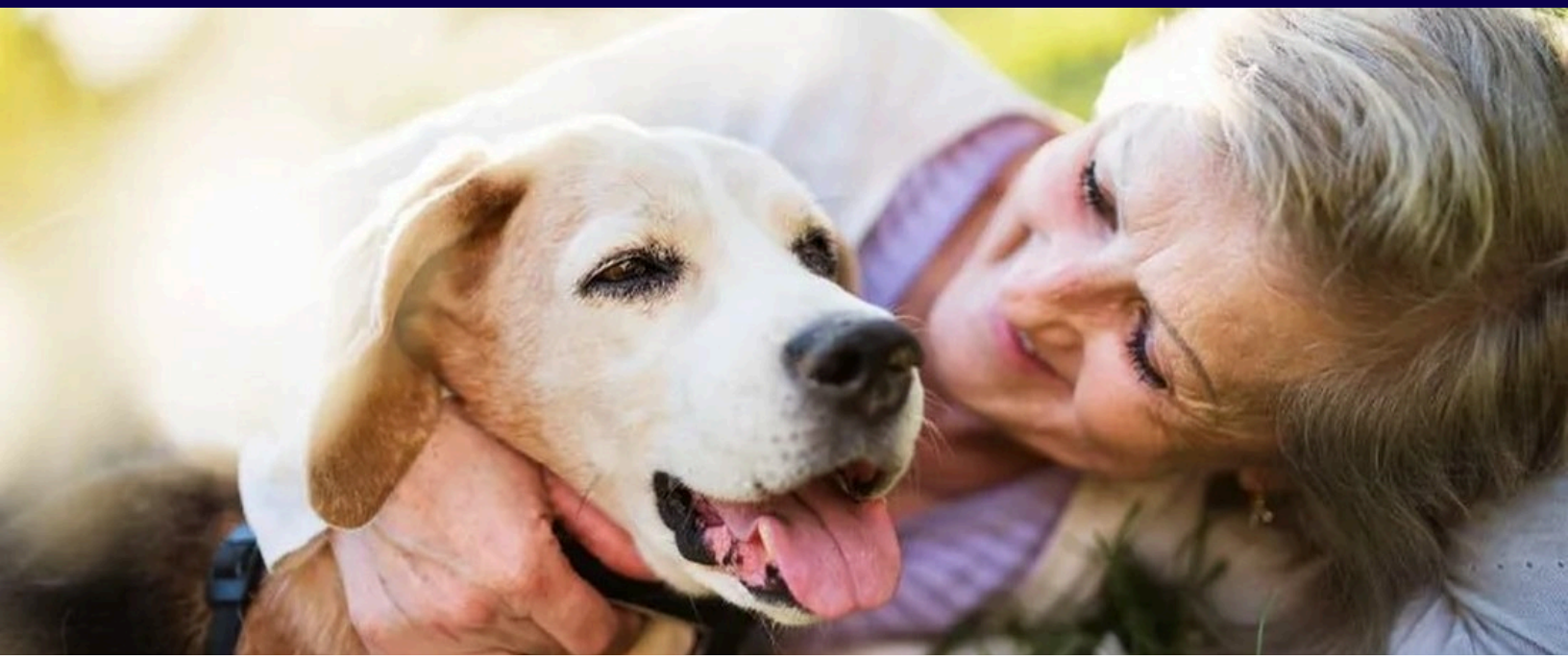
FOR PET PARENTS OF OLDER DOGS

The things they've stopped doing

Dogs rarely tell you they hurt. They stop doing things instead.



There is no day it starts. One small thing stops, then another, and each one gets quietly filed under *he's getting older*.

Nothing dramatic happens, which is exactly why it gets missed. By the time most Pet Parents notice, several things have gone — they just went one at a time.

> **How to use this**
>
> Go through the next page and tick anything that sounds like your dog. Take a week over it if you like. Then turn the page.

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Tick anything that sounds like your dog

Not symptoms — things they have stopped doing. That is how dogs tell you.

Around the house

- [ ] Slower to meet you at the door than they used to be
- [ ] Stopped jumping onto the couch, or gets up in two stages
- [ ] Sleeping somewhere new — usually lower, or easier to reach
- [ ] Shifting position more during the night
- [ ] Stopped coming upstairs in the evening

Getting about

- [ ] Takes the stairs carefully, or waits at the bottom
- [ ] Stopped jumping into the car
- [ ] Stiff for the first few minutes after getting up, then loosens off
- [ ] Slipping on floors they used to cross without thinking
- [ ] Sitting with a back leg out to one side

Out on a walk

- [ ] Turning for home earlier than they used to
- [ ] Stopped bringing the ball back, or stopped asking for it
- [ ] Lagging behind on the way home, when they used to lead
- [ ] Tiring sooner, or lying down as soon as you get in

Being touched

- [ ] Reluctant to be touched in one particular spot
- [ ] Grumpy about being handled, when they never used to be
- [ ] Licking repeatedly at one joint

3+ **Ticked three or more?** That is worth a closer look — and the next page explains why, including the part most Pet Parents are never told.

Every one of those is a choice

A dog choosing not to do something they used to enjoy. Dogs don't make that choice for no reason.

They make it when something has started to cost them. **That is discomfort — even with no limp, no yelp, and nothing obvious on an x-ray.**

And often it really is age. But here is the part worth sitting with: **age is the reason, not the alternative.** "He's just getting old" and "he's uncomfortable" are usually the same sentence.

Why it keeps going



A great deal of what looks like getting old is this loop, several turns in.

Which is the hopeful part, once you see it. A loop is not a one-way decline — it is a cycle, and a cycle can be interrupted at any point along it.

None of that requires a diagnosis to begin. You do not need a name for what is happening before anything can be done about it.

The aim isn't to make an old dog young. It's to help them feel better in the body they have.

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Three things that are true at any age

None of these need a diagnosis first.

1 Muscle rebuilds, even in an old dog

More slowly than in a young one, but it rebuilds. This is the single most under-known thing in the whole subject — most Pet Parents assume muscle lost to age is simply gone.

2 Discomfort can usually be found and eased

There are drug-free approaches most Pet Parents have never heard of — warm-water treadmill work, where the water carries much of their weight, laser therapy, and gentle hands-on treatment.

3 Your house can be made easier tonight

Runners over the slick floors they cross every day. A ramp instead of a jump. Many Pet Parents notice a difference within days — not because anything has healed, but because standing up stopped being work.

If you ticked a few boxes, you have not left it too late. You have noticed.

Coming in? Fill in the form first.
rehab4pets.com/new-patient-form

See how we help older dogs.
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TAP TO CALL

Not sure if what you're seeing is worth a look?

Call and tell us what you've noticed. No appointment is needed for that conversation. Texas asks for a referral from your own veterinarian before rehabilitation can begin — it is a routine step, and we will walk you through it.