

WELCOME TO OUR

# Monthly Newsletter

LIFELONG MOBILITY: COMFORT, FUNCTION, QUALITY OF LIFE

AS WE HEAD INTO A MORE ACTIVE SEASON, IT'S A GREAT TIME TO THINK ABOUT SOMETHING THAT IMPACTS EVERY PET—MOBILITY.

WHETHER THEY'RE A YOUNG, ENERGETIC COMPANION OR A LONGTIME FAMILY MEMBER STARTING TO SLOW DOWN, PETS ARE MEANT TO MOVE WITH COMFORT AND EASE. WHEN THAT CHANGES, IT'S OFTEN SUBTLE AT FIRST—BUT MEANINGFUL OVER TIME.

THIS MONTH, WE'RE FOCUSING ON LIFELONG MOBILITY—WHAT IT MEANS, WHAT TO WATCH FOR, AND HOW WE CAN HELP SUPPORT YOUR PET AT EVERY STAGE.



## WHAT DOES "LIFELONG MOBILITY" REALLY MEAN?

MOBILITY ISN'T JUST ABOUT EXERCISE—IT'S ABOUT COMFORT, FUNCTION, AND QUALITY OF LIFE.  
HEALTHY MOBILITY ALLOWS YOUR PET TO:

- MOVE WITHOUT PAIN
- MAINTAIN MUSCLE STRENGTH AND JOINT STABILITY
- STAY ENGAGED IN DAILY ACTIVITIES
- AGE WITH COMFORT AND DIGNITY



THE EARLIER WE SUPPORT MOBILITY, THE MORE WE CAN PROTECT IT LONG-TERM.



## EARLY SIGNS SOMETHING MAY BE OFF

MOBILITY ISSUES DON'T ALWAYS SHOW UP AS OBVIOUS LIMPING.  
IN FACT, MANY PETS HIDE DISCOMFORT VERY WELL.

WATCH FOR SUBTLE CHANGES LIKE:

- TAKING LONGER TO GET UP OR LAY DOWN
- RELUCTANCE TO JUMP, RUN, OR CLIMB STAIRS
- STIFFNESS, ESPECIALLY AFTER REST
- "GOOD DAYS AND BAD DAYS" WITH ACTIVITY
- BEHAVIORAL CHANGES—LESS PLAYFUL, MORE WITHDRAWN, OR EVEN IRRITABLE

THESE ARE OFTEN EARLY INDICATORS OF JOINT DISCOMFORT OR INJURY—  
AND CATCHING THEM EARLY MATTERS.





## 🐾 IT'S NOT "JUST AGING"

ONE OF THE MOST COMMON MISCONCEPTIONS WE HEAR IS: "THEY'RE JUST GETTING OLDER."

WHILE AGING DOES BRING CHANGES, PAIN IS NOT A NORMAL PART OF AGING. MANY MOBILITY ISSUES—LIKE LIGAMENT INJURIES OR ARTHRITIS—CAN BE MANAGED OR IMPROVED SIGNIFICANTLY WHEN ADDRESSED EARLY. WAITING OFTEN ALLOWS THE CONDITION TO PROGRESS, MAKING TREATMENT MORE COMPLEX.



## 🐾 HOW WE SUPPORT MOBILITY AT EVERY STAGE

MOBILITY CARE ISN'T ONE-SIZE-FITS-ALL. WE TAILOR RECOMMENDATIONS BASED ON YOUR PET'S AGE, LIFESTYLE, AND SPECIFIC NEEDS. SUPPORT MAY INCLUDE:



- MEDICAL MANAGEMENT TO CONTROL PAIN AND INFLAMMATION
- REHABILITATION THERAPY TO IMPROVE STRENGTH, BALANCE, AND FLEXIBILITY
- WEIGHT MANAGEMENT TO REDUCE JOINT STRAIN
- ACTIVITY MODIFICATIONS TO PREVENT FURTHER INJURY
- ADVANCED SURGICAL OPTIONS WHEN APPROPRIATE

OUR APPROACH IS ALWAYS FOCUSED ON RESTORING COMFORT AND HELPING YOUR PET STAY ACTIVE.



## 🐾 THE ROLE OF REHABILITATION

REHABILITATION IS ONE OF THE MOST UNDERUTILIZED TOOLS IN VETERINARY MEDICINE—AND ONE OF THE MOST IMPACTFUL. IT CAN HELP:

- PETS RECOVERING FROM SURGERY (INCLUDING ORTHOPEDIC PROCEDURES)
- PETS WITH CHRONIC CONDITIONS LIKE ARTHRITIS
- ACTIVE DOGS AT RISK OF INJURY
- SENIOR PETS MAINTAIN STRENGTH AND MOBILITY



REHAB IS NOT JUST ABOUT RECOVERY—IT'S ABOUT OPTIMIZING MOVEMENT FOR THE LONG TERM.



## 🐾 REAL LIFE IMPACT



WHEN MOBILITY IMPROVES, EVERYTHING CHANGES. PETS OFTEN:

- RETURN TO ACTIVITIES THEY HAD STOPPED DOING
- SHOW IMPROVED MOOD AND ENERGY
- RE-ENGAGE WITH THEIR FAMILIES
- EXPERIENCE A BETTER OVERALL QUALITY OF LIFE



SOMETIMES THE CHANGES ARE GRADUAL—BUT THEY'RE MEANINGFUL.

## WHEN SHOULD YOU HAVE YOUR PET EVALUATED?

IF YOU'RE NOTICING ANY CHANGES IN HOW YOUR PET MOVES, IT'S WORTH TAKING A CLOSER LOOK.  
EARLY EVALUATION ALLOWS US TO:

- IDENTIFY ISSUES SOONER
- START LESS INVASIVE TREATMENTS
- PREVENT FURTHER DAMAGE
- KEEP YOUR PET COMFORTABLE LONGER



### Hot Take FROM DR. MATT

ONE OF THE MOST COMMON THINGS I HEAR IN THE EXAM ROOM IS, "THEY'RE JUST SLOWING DOWN."

AND SOMETIMES THAT'S TRUE—BUT MORE OFTEN, IT'S THE FIRST SIGN THAT SOMETHING ISN'T QUITE RIGHT.

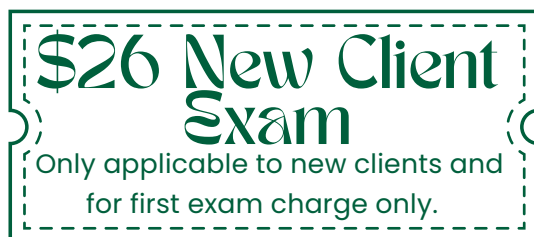
PETS ARE INCREDIBLY GOOD AT HIDING DISCOMFORT. WHAT LOOKS LIKE AGING CAN ACTUALLY BE MANAGEABLE PAIN OR AN UNDERLYING MOBILITY ISSUE THAT WE CAN ADDRESS EARLY.

#### MY ADVICE? DON'T WAIT.

IF YOU'VE NOTICED ANY CHANGES IN HOW YOUR PET IS MOVING—EVEN SUBTLE ONES—OR IF YOU'D SIMPLY LIKE A BASELINE TO COMPARE AS THEY AGE, LET'S TAKE A CLOSER LOOK. EARLY INTERVENTION GIVES US MORE OPTIONS AND BETTER OUTCOMES.

CALL US OR REQUEST AN APPOINTMENT ONLINE.

I'D MUCH RATHER EVALUATE SOMETHING EARLY THAN WISH WE HAD SEEN IT SOONER.



Thank you for being part of our Maplewood family — here's to a happy, healthy spring for you and your furry companions! If you have any questions or need to schedule an appointment, give us a call at **563-888-5850** or **click below to schedule online!**

[\*\*BOOK HERE!\*\*](#)