



Antinol+



PROACTIVE JOINT CARE IN AGING DOGS

Two patient scenarios illustrating a multimodal approach to canine osteoarthritis prevention and joint support.

Introduction

As dogs transition from adulthood into their senior years, preserving joint health becomes a key component of healthy aging. Joint-related conditions, including osteoarthritis, are particularly common in active dogs, large and giant breeds, and those with a genetic predisposition to orthopedic disease. While routine wellness examinations, laboratory screening, and ongoing monitoring remain essential, preventive care should extend beyond disease detection and focus on maintaining mobility, comfort, and quality of life before clinical signs develop.

Weight Management and Nutrition

A proactive, multimodal approach to joint health begins with client education and emphasizes strategies that may help delay the onset of pain and functional decline associated with arthritis and other musculoskeletal conditions. Maintaining an ideal body condition is one of the most effective interventions, as lean dogs have been shown to experience a delayed onset and reduced severity of joint disease compared with overweight dogs ([Kealy 2002](#); [Marshall et al. 2009](#)). Depending on the individual patient, nutritional management may include transitioning to a therapeutic diet or a properly formulated homemade diet to support long-term weight management.

Exercise and Recovery

Exercise is another cornerstone of prevention. In addition to regular walks, exercise plans should incorporate strength-building activities, balance and proprioceptive training, and other forms of body awareness to help preserve muscle mass, flexibility, and stability. For active and athletic dogs, recovery strategies such as stretching, massage, and rehabilitation modalities, including laser therapy, may further support musculoskeletal health and long-term mobility.

Nutritional Supplements

Nutritional supplements are commonly incorporated into preventive joint health protocols, although the quality of supporting evidence varies among products. Omega-3 fatty acids (EPA and DHA) derived from fish oil are among the most extensively studied supplements for canine osteoarthritis and have demonstrated anti-inflammatory benefits, though achieving therapeutic doses can sometimes be challenging. At those doses, fish oil can also contribute a meaningful number of calories to the diet, which should be considered when developing a long-term joint health plan, particularly for dogs where maintaining an ideal body condition is a priority.

Glucosamine and chondroitin sulfate continue to be widely used, but evidence of their efficacy remains inconsistent, and they are generally considered adjunctive therapies. Emerging supplements, including green-lipped mussel, undenatured type II collagen, and muscle-support formulations, are gaining attention as promising tools to support joint health, mobility, and muscle maintenance in aging dogs, providing additional options for proactive senior care.

Conclusion

Together, these interventions can help support lifelong mobility and may reduce the impact of age-related joint disease, allowing dogs to remain active and comfortable well into their senior years. The following hypothetical case studies show how these concepts might be applied in everyday practice. While every patient is different, they are intended to provide practical ideas that can be adapted to individual patients.

CASE STUDY 1

“Dug”

6-year-old neutered male Labrador Retriever, 80 lbs

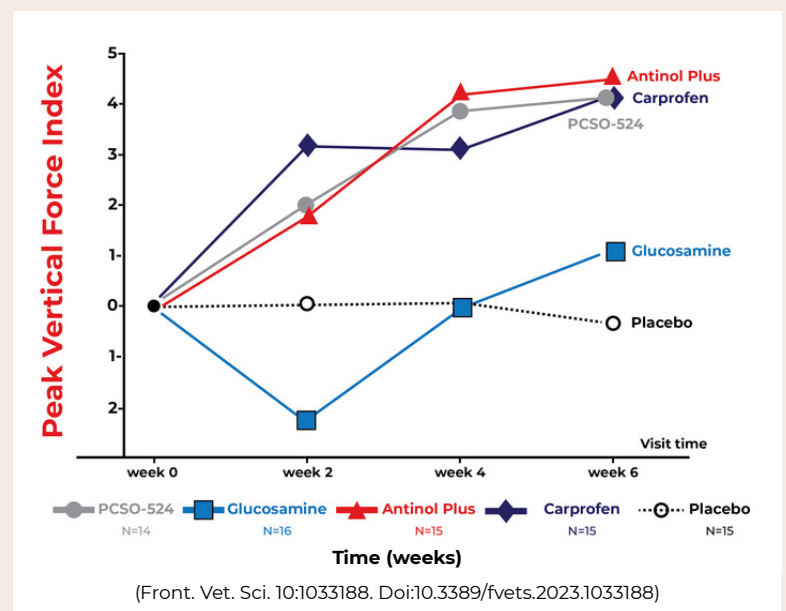
Dug is a 6 year old, neutered male labrador that is 80lbs. Currently he is slightly overweight, and eating around RER x 1.4 of an over-the-counter large breed dog food. The owner has started Dug on glucosamine and chondroitin soft chews and 1 tsp fish oil to support their joints. Other than being slightly overweight, Dug is healthy, with normal bloodwork, goes on short walks and plays fetch daily, with the occasional long weekend hike.

Key Considerations

1. **Diet Change:** therapeutic weight loss diet, or low calorie feeding diet with modest amounts of EPA+DHA incorporated to help with weight loss.
 - a. Therapeutic joint+weight loss diets may be considered to allow for removal of calories from fish oil supplementation (40 kcals)
2. **Switch Glucosamine/Chondroitin Chew for Antinol Plus** to reduce calories, and improve potential effectiveness of joint support (35/chew vs. 1.7 kcal/capsule). Research has shown Antinol Plus to be more effective than Glucosamine in clinical trials.
 - a. *Recommended Dose:* Antinol Plus 3 softgels per day (1 soft gel / 10 kg)
3. **Consider adjustments to physical activity:** repetitive high-intensity movements (from fetch) and infrequent long hikes may cause muscle/tendon strain. Instead consistent movement and incorporating strength building exercises is advised.

SUPPORTING RESEARCH

- Large- and giant-breed dogs are at increased risk for developing osteoarthritis and other orthopedic conditions, with clinical signs often emerging around 8 years of age ([Anderson et al 2018](#)).
- In obese dogs a 6% reduction in weight significantly reduces lameness ([Marshall et al 2010](#)).
- Studies have shown that lean dogs develop osteoarthritis later and experience less severe disease ([Kealy 2002](#)).
- Studies have shown a correlation between high impact exercises such as fetch and joint-related issues ([Sallander et al 2006](#)).
- Clinical trials have shown Antinol Plus to be more effective than Glucosamine ([Kampa et al 2023](#)).



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CASE STUDY 2

“Nimble”

8-year-old spayed female Border Collie, 34 lbs

Nimble is a 8-year-old spayed, 34lb, female Border Collie that regularly competes in Agility and Flyball, and has been on a regular conditioning routine for years. She is currently at an excellent body condition and muscle condition, and normal bloodwork but history of a possible poultry allergy. Owner currently gives fish oil (1 tsp per day, omega-3 oil) and she is eating at RER x 1.4 of a performance dog food plus a large amount of treats >10% of diet.



Key Considerations

1. **Diet Change:** Consider a senior-focused performance dog diet with modest amounts of fish oil already incorporated in the food. It may be worth it to do a food trial to see if Nimble has a true poultry allergy just to open-up potential food options if it was an intolerance.
 - a. Also consider using a complete and balanced diet of similar texture of current treats in order to help achieve 90/10 balance.
2. **Consider supplements** such as green-lipped mussel oil and undenatured type II collagen to support joint health and cartilage preservation. Product selection may be influenced by food sensitivities, as green-lipped mussel oil is marine-derived while UC-II is poultry-derived.
 - a. *Recommended Dose:* Antinol Plus 2 softgels per day (1 soft gel / 10 kg), could increase dosing if indicated clinically (to 2 softgels / 10 kg).
3. **Consider adjustments to physical activity:**
 - a. Prioritize warm-up, conditioning, and recovery as much as exercise itself.
 - b. Incorporate stretching, massage, and other recovery-focused activities.
 - c. Consider transitioning to lower-impact sports when appropriate such as Barn Hunt or Scent Trials.

SUPPORTING RESEARCH

- Antinol Plus works to reduce inflammatory markers, and can improve limb use in dogs with more advanced disease ([Kampa et al 2023](#))
- Physiotherapeutic strategies to help with prevention and management of canine arthritic patients. ([Mille et al 2022](#))

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