



# The Senior Dog Comfort Guide

**Supporting senior dogs with  
comfort, compassion, and  
evidence-informed care**

[dogkindbodywork.co.nz](http://dogkindbodywork.co.nz)

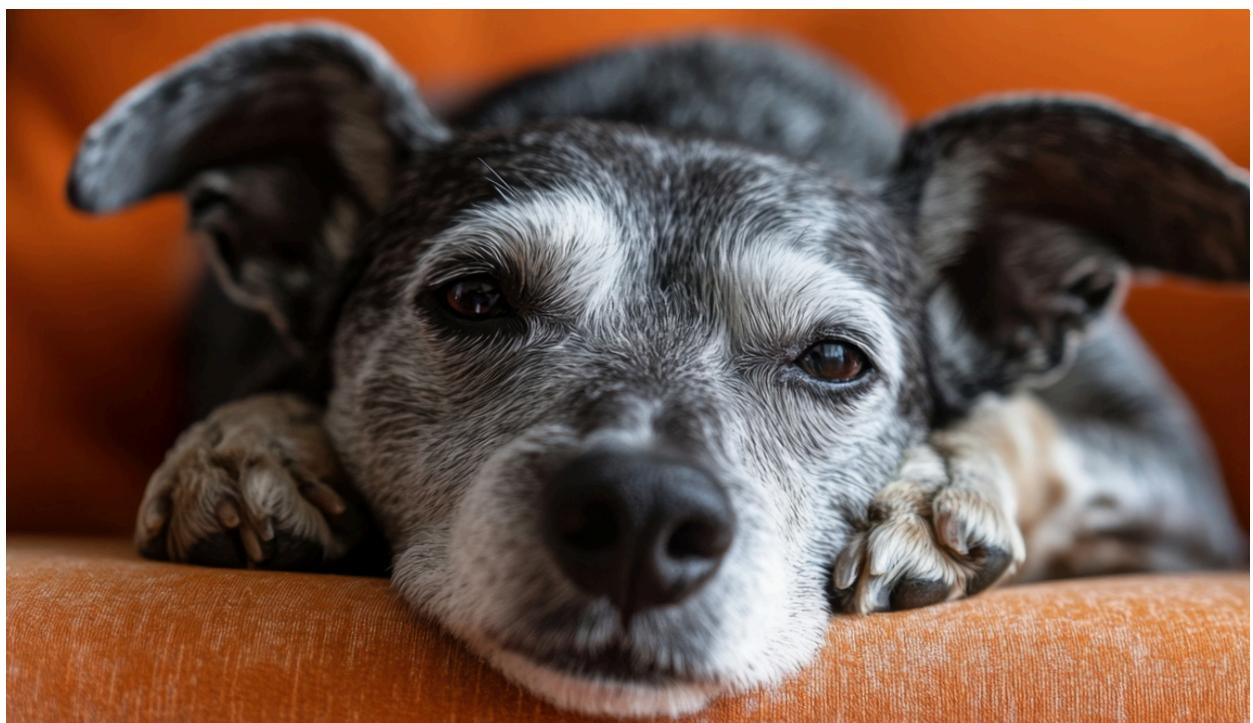
# Understanding Senior Dog Mobility

- Arthritis is common and often silent
- Muscle loss affects stability and begins earlier than expected
- Slippery floors change biomechanics and increase joint strain
- Small weight changes significantly impact joint comfort
- Warmth reduces stiffness and supports mobility



# Key signs of discomfort

- Hesitation on stairs or rising
- Slowing down or avoiding certain movements
- Behaviour changes such as clinginess or irritability
- Licking joints or shifting weight
- Changes in posture or gait



# Practical Support Strategies

- Provide rugs and non-slip surfaces.
- Keep nails short for better posture
- Offer warm, supportive bedding
- Use ramps to reduce impact on joints
- Encourage slow, controlled movement
- Prioritise shorter, more frequent walks
- Keep hair between pads trimmed to help avoid slips



# Emotional Wellbeing

- Senior dogs still want inclusion and social connection
- Sniffing provides mental enrichment and reduces stress



- Predictable routines help aging bodies feel safe



## Final Thoughts

Comfort isn't optional for senior dogs - it is essential care. Small changes make a big difference to their daily wellbeing.

**Book your dog's  
massage appointment  
today**

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