



# PENN HIP



## PENN HIP X-RAYS AND JPS

### What are PennHip X-rays?

The PennHip x-rays are a set of three x-rays involving this straight leg x-ray, as well as two x-rays that assess hip compression and hip distraction. These latter two x-rays can tell us how “loose” a patients hips are and their likelihood to develop arthritis, even if there is no arthritis present yet. These x-rays are taken under a light plane of anaesthetic (typically an injectable medication) to ensure accurate measurements are attained.

From these x-rays; we can grade hips as normal, mildly loose, moderately loose or severely loose.

### What is a Juvenile Pubic Symphysiodesis (JPS)?

A JPS procedure involves partially fusing/closing one of the many growth plates in ventral (bottom) portion of the pelvis. This procedure is minimally invasive involving only a small incision (approximately 3-5cm long) between the back legs. Fusion of the growth plate alters the shape of the pelvis as it grows such that the acetabulum (socket of the hip joint) covers the femoral head (ball of the hip joint) and reduces the impact of loose hips over the course of their life and reduces the development of arthritis. Fusion of this particular growth plate has no impact on the adult size of your pet as they grow.

There are few risks involved with JPS surgeries. Pain is minimal and generally well managed with a short course of anti-inflammatories. Swelling and infection are seen infrequently - any discharge should be reported to your veterinarian.



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### **What is the recovery after a JPS procedure?**

The JPS procedure is a minimally invasive surgery and recovery is generally quick. Patients need to be kept rested for at least 2 weeks after surgery to ensure appropriate healing of the surgical incision. Running and jumping should be kept to a minimum and elizabethan collar worn to reduce risk of licking or biting at the wound.

In most cases - dissolvable sutures are placed in the surgery site and a recheck is recommended 2 weeks after surgery to ensure the wound has healed adequately. At this point, returning to normal activity is appropriate.

### **What to expect after surgery?**

Juvenile pubic symphysiodesis is a preventative procedure with the aim to improve hip joint coverage and reduce the amount of arthritis that develops over time. We do not expect to see any external changes immediately after surgery. The benefits of this procedure are the delay in onset of arthritis and the reduced requirement for anti-inflammatory pain reliefs later on in life.

### **What else can we do to keep healthy joints?**

For the best possible outcome - it is important to start implementing arthritis management strategies after the diagnosis of hip dysplasia. Maintaining a lean body weight, reducing the frequency of high intensity exercise, use of preventative medications (eg. pentosan) and nutraceuticals which include fish oil based supplements are all useful for arthritis management. Please discuss these with your veterinarian if you would like advice on any of these.