



THE FREE GUIDE FOR BIG-DOG PARENTS

The Big-Dog Mobility Playbook

Seven simple, vet-informed ways to keep a large-breed dog moving freely — the stairs, the car, the zoomies — for more good years.

The 5 early signs you can't afford to miss

Big dogs hide pain well — it's instinct. By the time a limp shows, the joint has usually been struggling for months. These are the quiet, early tells. Catch two or more and it's time to act.

Sign 01

The slow stairs

Hesitating at the bottom step, or taking stairs one at a time instead of bounding.

Sign 02

The car pause

A beat of hesitation before the jump into the back seat — or needing a boost they never used to.

Sign 03

The morning stiffness

Slow and creaky getting up after a nap or first thing in the morning, loosening up after a few minutes.

Sign 04

The shorter walks

Lagging behind, sitting down early, or losing interest in a walk they used to love.

Sign 05

The missing zoomies

Lying down more, playing less. The spark is still there — the joints are holding it back.

How healthy joints actually work

Joint support isn't one thing — it's three jobs happening at once. When you understand them, you can tell a real formula from a sprinkle-on-the-label one.

01

Protect

Glucosamine & chondroitin shield existing cartilage from the daily wear a big body puts on its hips.

02

Nourish

Green-lipped mussel, omega-3 & hyaluronic acid lubricate the joint and feed the tissue around it.

03

Restore

MSM & vitamin C help calm the everyday flare-ups that keep an aging dog from moving freely — so comfort comes back.

The nutrients that matter

Nutrient	What it does	Look for
Glucosamine	Cartilage building block	1,000 mg+ for big dogs
Chondroitin	Keeps cartilage cushioned	150 mg+
MSM	Calms everyday flare-ups	400 mg+
Green-lipped mussel	Natural omega-3s for comfort	Named, not "blend"
Hyaluronic acid	Joint lubrication	Any amount is a plus

The 10-minute daily mobility routine

Movement is medicine for joints — but the **right** movement. Gentle, low-impact, consistent. Do this most days; stop if your dog shows pain and check with your vet.

- **Warm-up walk (3 min):** a slow, flat, sniffy stroll to get blood into the joints before anything else.
- **Sit-to-stands (5 reps):** ask for a calm sit, then stand, on a non-slip surface. Builds the muscle that supports the hips.
- **Gentle figure-8s (2 min):** lure them slowly in wide figure-8s to work range of motion side to side.
- **Cavaletti steps:** walk slowly over a few broomsticks laid flat and spaced a stride apart to encourage even, deliberate steps.
- **Cool-down & massage (2 min):** slow strokes down each leg. Warmth and touch help stiff muscles let go.

Daily dosing by weight

Your dog's weight	ROMP chews / day	First 30 days
65–100 lb	1 chew	Double to load faster
100–120 lb	1½ chews	Double to load faster
120 lb +	2 chews	Double to load faster

Give it 3–4 weeks to notice a difference on the stairs, and around 90 days for the biggest gains — cartilage support builds over time.

Everyday wins & when to call the vet

Small changes, big relief

- Put down **runners or rugs** on slippery floors — slick surfaces are hard on hips.
- Add a **ramp** to the car or couch to save the jarring jump.
- Raise the **food & water bowls** so they're not craning down.
- Keep them at a **lean weight** — every extra pound is load on the joints.
- Provide a **thick, supportive bed** away from drafts.

Call your vet if you see...

- A sudden or worsening **limp**, or non-weight-bearing on a leg.
- **Yelping**, snapping when touched, or a hot, swollen joint.
- Rapid **muscle loss** or a big drop in appetite or energy.
- No improvement after a fair trial of support and rest.

"They can't tell you it aches. They just do less. Your job is to notice — and give the joints what they need before more good years slip by."

Ready to help your big dog move freely?

ROMP Hip & Joint Chews pack 1,250 mg of glucosamine plus MSM, chondroitin, green-lipped mussel, hyaluronic acid and omega-3 into a beef & pumpkin chew big dogs beg for — dosed by weight, NASC-certified, and backed by a 90-day money-back guarantee. **Subscribers get free shipping and this Playbook free.** → rompchews.com