

## **Elbow Hygroma in Animals and its Treatment: A Statement**

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### **Abstract:**

Elbow hygroma is going to be one of the major diseases in captive animals. Though the main cause is unknown, there are several opinions that are coming from various scientific communities and veterinarian. Though there is no specific solution for this, some life-style remedies are found to give significant results. More research and selective breeding are to be performed to control over such diseases.

### **Cause of elbow hygroma:**

Till now, scientists are not able to state any specific reason for this. Though, the anatomical structure and keeping animals in captivity are shown main causes. First of all, most domestic animals today are not supposed to stay long time in hard concrete surfaces that causes severe pain to their legs (mainly elbow). Repetition of which can cause trauma and slowly develops hygroma. On the other hand, obesity can also cause such diseases where joints need to carry extra weight beyond its capability. Food is also another cause where it has clearly been shown that lack of calcium, glucosamine, chondroitin, vitamins can cause

early development of hygroma specially in dogs. In addition to it, adequate exercise also helps in reducing such diseases, where as too much heavy exercise within first six months of their lifetime can also welcome such problems [1-3].

### **Natural vs Captive Habitat**

Animals are originally taken from wild for our benefits. But captive environment not only reduces their chances of doing exercise, but also changes their growth and natural development. Many vets have stated that large breed animals if kept in a congested area, can stunt their growth that affects their bone and muscle development resulting several disorders in their later life. Abnormal bone growth is also another effect of such circumstances [4-6].

### **Selective Breeding**

Selective breeding has shown significant result to control such diseases. It has been found that if animals with hygroma is avoided for breeding purpose, elbow hygroma can be reduced up to 40% in their offspring. But, for developing countries such practice is highly effected due to the demand for high yield and low economic

status. However, selective breeding has shown significant result in western countries [7,8].

### **Surgical Needs**

Once affected, elbow hygroma can be treated by surgical method. This is the most effective way of treatment if there is no other way or the hygroma is infected [3,5].

### **Conclusion:**

Animals in captivity always show higher amount of various physical and mental disorders. In case of elbow hygroma, the surface on which animals are lying is the most important to reduce stress on their bones (specially to joints) hitting to that surface. Providing extra layer of soft pad or natural grassland could easily reduce the frequency of elbow hygroma in growing animals.

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