

Use a **Harness** on walks!

Make sure you find a harness that fits your dog. A harness that chafes or hinders freedom of movement is uncomfortable for your dog and may also cause muscle and skeletal problems.

A harness that fits is comfortable for the dog and does not inflict harm.

A harness that fits, should give the dog free range of mobility in all muscle and joints. Avoid harnesses that cross over the chest and shoulder.

A harness that fits should not chafe behind the elbows.



Adjustable H-harness (Y-shaped) from Haqihana. Foto: Hege Håland

To find the **right** harness

All dogs are different. A harness that fits one dog perfectly could be totally wrong on another dog.

A Y-shaped harness is the best. This will have a strap between the dog's front legs that prevents the harness sliding up to the soft throat area.

For some dogs, it is difficult to find a Y-harness that fits. For example, dogs with narrow, pointed chests, where the strap easily slides to either side, or dogs where the front legs are close together. For these types of dogs, you may need to find another type of harness.

Do you need **help**?

Feel free to contact **Turid Rugaas** for advice and guidance.

www.turid-rugaas.no turidrug@freesurf.no

Turid Rugaas advises you for right usage of harness on youtube:

http://bit.ly/riktig_selebruk

Turid Rugaas, DVD: "What do I do when my dog pulls":

<http://turid-rugaas.no/trailer.htm>

For more information on harnesses, the DVD, the book and other relevant books, please contact:

www.happyandrelaxeddogs.com

Contact the Haqihana harnesses manufacturers in Italy:

cp@haqihana.com

Sources:

- Interview with veterinarian Are Thoresen: Hunden .no
- Interview with veterinarian Hanne Myrnes; NRK Nordland local news 5.8.11
- "Dogs with back problems" by Anders Hallgren.
- " Full choke versus harness – a study of their influence on the dog" student study by Tina Benjaminsson, University of agriculture, Sweden, 2010.
- Pauli AM, Bentley E, Diehl KA, Miller PE 2006. "Effects of the Application of Neck Pressure by a Collar or Harness on Intraocular Pressure in Dogs". Journal of the American Animal Hospital Association. Vol. 42, 207-211.

Is **your** dog using a collar on walks?



Did you know that....

... a Swedish study showed that 63% of all of the dogs in the study had back-problems. Of these, 91% were yanked by the collar, or pulled a lot.*

... a similar norwegian study showed that of 350 dogs, 75% had neck problems that the owners were unaware of.**

... dogs who are yanked by the lead, or pull on the lead, may develop other problems in addition to neck and back pain.

... the dog may change their personality and become grumpy, less social or show aggressiveness.

... pressure on the eyes are significantly increased when dogs pull on the lead if used with a collar, but this is not the case if they are wearing a harness. The danger is especially high for dogs who have undergone eye surgery or are having problems with their eyesight.***

... external pressure on the thyroid gland may cause physical damage that in turn may lead to hypothyreosis, in the same way a car's seatbelt applies pressure on your throat during a collision. Symptoms of hypothyreosis are fatigue, chronic stress, behaviour changes and imbalance of the metabolism.

* Study led by dog psychologist Anders Halgren, in cooperation with physiotherapist and osteopath. Read about it in his book "Dogs with back problems".

** Study performed by veterinarian Are Thoresen.

*** Pauli AM, Bentley E, Diehl KA, Miller PE 2006. "Effects of the Application of Neck Pressure by a Collar or Harness on Intraocular Pressure in Dogs".
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"but my dog doesn't pull..."

Even if your dog doesn't pull and you don't yank the lead, it takes very little. Just an interesting smell, or sight of another dog, may result in a sudden movement, causing the lead to tighten.



Foto: Therese Norman Andersen

In dogs, the soft tissues of the throat is just the same as in humans. You can easily feel how uncomfortable it is to apply even the slightest amount of pressure in the area around the larynx and up towards your chin.

Use a harness!



Discomforts that may occur

- Headaches
- Muscular pains in neck and back
- Reduced mobility
- Problems eating and drinking
- Changes in the metabolism
- Coughing
- Stomach and intestinal problems
- Changed heart rate
- General increase of stress-levels
- Eyesight problems

Neck problems and headaches. One of the nerves in the neck runs along the muscle that goes down to the chest and legs. If this muscle gets hard and wasted, the dog may have neck problems and headaches.

Coughs, stomach and intestines problems, headaches, heart rate and stress. Another nerve feeds impulses to the throat, heart, lungs, stomach, gut, liver, gall bladder and pancreas. When this nerve is pinched, it may cause, irritation to the throat, coughing, stomach and intestinal trouble, change the heart rate, as well as headaches and increase general stress levels.

Headaches, bad moods and aggression. Veins and arteries being compressed will lead to blood pooling. This may cause headaches, but it will definitely result in increased stress levels that will show in bad moods and/or aggression.

Imbalanced metabolism. The thyroid gland, that regulates the metabolism, may also become damaged. If this gland is imbalanced, it may lead to hyperactivity and stress or the dog becoming tired, exhausted and/or obese.

Eyesight problems. Pressure to the throat area also increases the pressure in the eyes. This may cause eyesight problems, and in worst case, blindness. The danger is especially great for dogs that have had eye surgery, and dogs that are already having eyesight problems.