

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 movement in all muscles and joints. Avoid harnesses that cross over the chest and shoulder.

A harness that fits should not chafe behind the elbows.



To find the **right** harness

All dogs are different. A harness that fits one dog perfectly, may not be suitable for another.

An H-shaped harness is the best. This will have a strap between the dogs front legs that prevents the harness from sliding up to the soft throat area.

In some cases, it is difficult to find an H-harness that fits. For example dogs with a narrow chest or dogs with a pointed chest where the strap easily slides to either side. For these dogs you may need to find the type of harness that adapts to its shape.

Do you need **help**?

Feel free to contact Turid Rugaas for advice and guidance.

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

Turid Rugaas suggests the correct use of the harness on youtube:

http://www.youtube.com/watch?v=vPuf_nhUmE0

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

<http://www.youtube.com/watch?v=QsUcD1Ebfzw>

You can find DVD, books and other items on this subject at

www.haqihana.com

The harness shown in this brochure is produced in Italy by Haqihana. Visit www.haqihana.com and contact info@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.

Translated from Norwegian by Linda Rugaas

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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.¹

... a similar Norwegian study showed that of 350 dogs, 75% of the dogs had neck problems, that the owners were unaware of.²

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

... the dog may change its personality and become irritable, aggressive and less sociable.

... pressure within the eye is significantly increased but this is not the case if they are wearing a well fitted harness. The danger is especially high for dogs who have undergone eye surgery or are having problems with their eyesight.³

... external pressure on the thyroid gland may cause physical damage that in turn may lead to hypothyroidism, in the same way a car safety-belt applies pressure on your throat during a collision. Symptoms of hypothyroidism are fatigue, chronic stress, behavior changes and imbalance of the metabolism.

¹Study led by dog psychologist Anders Halgren, in cooperation with physio-therapist and osteopath. Read about it in his book "Dogs with back problems".

² Study performed by veterinarian Are Thoresen.

³Pauli 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.

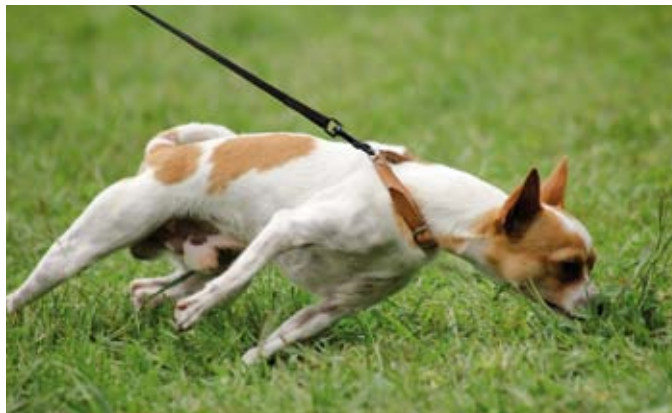
"But my dog doesn't pull..."

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



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

Use a harness!



Discomfort that may occur

- Headaches
- Muscular pain in neck and back
- Reduced mobility
- Problems eating and drinking
- Changes in 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 contracts and becomes stiff, the dog may have neck problems and headaches.

Coughing, stomach and intestinal problems, headaches, heart rate and stress. Another nerve feeds impulses to the throat, heart, lungs, stomach, gut, liver, gall bladder and pancreas. Pressure on this nerve due to the collar may cause irritation to the throat, coughing, stomach and intestinal problems, changes in the heart rate, headaches and increased stress levels.

Headaches, bad moods and aggression. The compression of veins and arteries will lead to blood pooling. This may cause headaches and increased stress levels that will result in bad moods or aggression.

Imbalanced metabolism. The thyroid, a gland that regulates the metabolism, may also be damaged when pressure is applied by the collar. This may lead to hypo activity, stress, fatigue, and obesity.

Eyesight problems. Pressure to the throat area may also cause an increase in eye pressure, which can result in eyesight problems and in the worst case, blindness. The risk is especially high in the case of dogs that have had eye surgery and dogs that are already having eyesight problems.