



# *Paws, Claws & Wings*

*Physical and Behavioral Rehabilitation for Animals*



## **HOW THUNDERSHIRTS WORK**

With its patented design, ThunderShirt's gentle, constant pressure has a dramatic calming effect for most dogs and cats if they are anxious, fearful or overexcited. Experts believe that pressure has a calming effect on the nervous system. Using pressure to relieve anxiety in people and animals has been a common practice for years. ThunderShirts helps keep animals calm so they are more comfortable in situations that were once frightening.

## **PARENTS USE SWADDLING TO CALM AND SOOTHE AN INFANT**

Wrapping a baby snugly in a blanket, or "swaddling", is a very common practice for helping to calm an irritable or upset baby, or to help a baby to fall asleep. Medical professionals today routinely teach swaddling to new parents, and families and friends have been passing down this wisdom for centuries. Some experts believe that swaddling mimics the warmth and pressure babies experience in the womb.

## **PEOPLE WITH AUTISM USE PRESSURE TO RELIEVE THEIR PERSISTENT ANXIETY**

In humans it has been found that gentle pressure around their torsos brings comfort. Over the years, it has also been learned that this kind of pressure can help with a wide variety of behavioural issues for both adults and children

## **TTOUCH TRAINERS USE PRESSURE TO ADDRESS ANXIETY**

For many years, Tellington TTouch Trainers have been using pressure with dogs and other animals to help with a wide variety of issues, including fear of noises and separation anxieties. Prior to ThunderShirts becoming available, they frequently wrapped bandages around dogs and cats to achieve this pressure, but this was frequently very difficult to apply and unsafe to leave on an animal when unsupervised. Now most TTouch Trainers are using ThunderShirts because of their ease of use and safety.



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## **WEARING A THUNDERSHIRT**

The ThunderShirt has been developed to be very easy to put on. Just lay it over your dog's back and secure with the chest and torso straps. The fasteners make ThunderShirts adjustable to many different body shapes.

### **Wearing ThunderShirts for Extended Periods of Time:**

ThunderShirts are designed to be safe to leave on for extended periods of time when appropriate for the situation or issue. When properly sized and properly put on with a comfortably snug fit, your dog should be very comfortable.

## **THUNDER AND OTHER NOISE PHOBIAS**

Can arise from a variety or combination of factors. Some dogs have suffered a traumatic event involving loud noises or lightning strikes that creates a historic "trigger" for them to become anxious. Some dog breeds may have a genetic predisposition towards noise anxiety while some studies suggest that storm or noise anxiety could be a result of aging or hearing loss. No matter the specific cause, the need to relieve your dog's fears becomes clear when your dog hides, shakes, or worse every time a storm rumbles. The symptoms of noise anxiety range from mild to severe. Milder cases can include shaking, panting, hiding, barking, yawning, licking and clinging during the noise. More severe cases can include bolting, running, anxious pacing, chewing, defecating indoors, jumping through a plate glass window or even seizures.

## **SEPARATION ANXIETY**

Leaving your dog or puppy home alone is never easy, but for many dogs; separation from their families can cause severe anxiety and real problem. A wide variety of symptoms such as indoor urination, defecation, destruction of furniture, barking, howling, chewing, digging, escape attempts and other anxious behaviours. Some dogs express it as restlessness, an attempt to keep you from leaving, or the appearance of general depression.

## **CAR TRAVEL ANXIETY**

While many dogs enjoy car rides, for some others, a car ride can become a trip of anxiety or over-excitement. These issues can create real problems for taking your dog



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to the veterinarian, the groomer, or anywhere involving a car trip. Many dogs are so fearful of traveling, that even getting them in the car can be a struggle. Other forms of travel are also difficult for many dogs. Air travel in particular can be a very traumatic event that often requires heavy sedation. Car travel anxiety can present itself in many ways such as carsickness, barking, whining, pacing, scratching and restlessness. Many dogs become dangers to themselves and others by jumping on the driver or otherwise distracting concentration from the road. Like other forms of dog anxiety, these symptoms can often result in injury to your dog, damage to your property, and expensive cleaning and repairs. These negative travel experiences can also compound the fear a dog already feels toward vet visits and groomer visits.