



# For Active Dogs!

Brought to you by Canine Sports Productions

Coaching dog enthusiasts to embrace the unique needs of active dogs through teaching, mentoring and educational media

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## To Harness or Not To Harness? That Is The Question

... that was addressed by a recent study that is the topic of this month's newsletter. You've probably noticed an **upsurge** during the last several years in the use of **harnesses as an alternative to collars**. At the same time, there has been a **concern that harnesses might affect dogs' gait**. Researchers in the UK investigated exactly that question by comparing the effect of restrictive and non-restrictive harnesses on shoulder extension in dogs when walking and trotting (1).

There are two main **categories of harnesses**: those that are considered **non-restrictive** to front limb movement, which have a Y-shaped chest strap (Fig. 1), and those considered **restrictive**, which have a strap that lies across the chest horizontally (Fig. 2).



Fig. 1



Fig. 2

In this study, 9 dogs were moved at a walk and a trot on a treadmill wearing either no harness, a non-restrictive harness (an X-back mushing harness; Trixie Fusion harness), or a restrictive harness (Easy Walk harness). The researchers placed markers on the sides of the dogs'

### Upcoming Events:

#### For Dog Lovers/Trainers

Feb. 9 - 10, 2019

[Coaching the Canine Athlete Seminar](#)

Coventry School for Dogs and Their People  
Columbia, MD

[lizcatalano@thecoventryschool.com](mailto:lizcatalano@thecoventryschool.com)

March 2-4, 2019

[Coaching the Canine Athlete Seminar](#)

[Riverview K9s](#)

North Canterbury, NZ

[lisariverviewk9s@gmail.com](mailto:lisariverviewk9s@gmail.com)

March 9-11, 2019 **NEW!**

[Coaching the Canine Athlete Seminar](#)

Double J Agility Down Under  
Mudgeeraba Queensland, Australia

[fammcdonald6@bigpond.com](mailto:fammcdonald6@bigpond.com)

March 15-17, 2019 **NEW!**

[Coaching the Canine Athlete Seminar](#)

Perth Australia

[ginao@westnet.com.au](mailto:ginao@westnet.com.au)

May 11 & 12, 2019 **NEW!**

[Coaching the Canine Athlete Seminar](#)

Kemptville, Ontario

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Nov. 2 & 3, 2019 **NEW!**

[Coaching the Canine Athlete Seminar](#)

Langley, BC

[wgalt@telus.net](mailto:wgalt@telus.net)

Nov. 4, 2019 **NEW!**

[Intensive Structure/Gait Analysis Clinic](#)

Langley, BC

[wgalt@telus.net](mailto:wgalt@telus.net)

**For Veterinarians,**

legs and used video cameras to **measure the angle of the shoulder when the front limb was in maximal extension** (when the leg was placed furthest forward).

Some of their **results were unexpected!!**

[Read more](#)

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## For Active Dogs! Trivia

Answers to all trivia questions are found in past For Active Dogs! newsletters

**How does nose/scent work affect your dogs emotions?**

click [here](#) to find out the answer

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**Physical Therapists and Veterinary Technicians/Nurses**

**Feb. 23 - 25, 2019**

[Canine Sports Medicine Module](#)

Canine Rehabilitation Institute  
Coral Springs, FL  
[www.caninerehabinstitute.com](http://www.caninerehabinstitute.com)

**Mar. 22 - 24, 2019**

[Canine Sports Medicine Module](#)

Canine Rehabilitation Institute  
Coral Springs, FL  
[www.caninerehabinstitute.com](http://www.caninerehabinstitute.com)

**May 2 - 4, 2019 NEW!**

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Wheat Ridge, CO  
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