

# Harnesses: The Nuts & Bolts

But I don't want to use a harness because I heard that they can encourage dogs to pull. The answer to that is both yes and no. For some dogs, a harness can encourage pulling. But the truth is that dogs can and will pull on any type of equipment. It's our job to help them learn how NOT to pull. There is also no magical tool that will prevent your dog from completely pulling. There will always be training involved.

## What Type?

Anything that is more Y-shaped.

### Why Y-shaped?

This allows our dogs to have the most freedom of movement with their front limbs.

### Other features:

-Ones that have an attachment at the chest and at the shoulders as they can actually be used separately or together

## Other considerations:

We also need to be aware that certain types of harnesses may not be comfortable for our dogs, so we may have to try a few before we find the right one. Harnesses can often get snagged in fur, be adjusted to me too tight or too loose (both are uncomfortable), may not fit properly over their heads, or our dogs might not like something going over their head

## What brands do you recommend?

There are many great options to choose from, but some of my favorites include:

- RuffWear
- Rabbitgoo
- Balance

## Are there any brands or types that you don't recommend?

Yes-there are quite a few actually, but here are some features to avoid

- anything that goes straight across the chest (will restrict movement)
- anything that has a cinching mechanism-whether on the chest or on the back (these can cause pressure and pain points)

- Easy Walk
- Freedom

