



HELPING MILLIONS
OF DOGS WITH
Anxiety

FITTING INSTRUCTIONS

STEP 1: Perform the “Initial Fitting & Conditioning” as described below.

STEP 2: When an anxiety trigger is likely to occur or already present (e.g. fireworks celebrations), slip the ThunderShirt onto your dog. Observe the results. Many dogs need no further treatment for many types of anxiety. Are you satisfied with the improvement you see? If not, please proceed to Step 3 below.

STEP 3: If you would like additional calming solutions for your dog, we recommend combining ThunderShirt with ADAPTIL calming pheromone diffuser, spray or chews. To learn more, please go to www.adaptil.co.uk/pages/thundershirt

INITIAL FITTING & CONDITIONING

ThunderShirt is designed to be very easy to put on and take off... no need for pulling anything over the head or threading the legs through leg holes. After you first receive your ThunderShirt, we recommend the following steps while your dog is NOT feeling anxious:

1. Before putting ThunderShirt on your dog for the first time, offer a small food treat to your dog using the folded ThunderShirt as a “plate”. Dogs typically become more comfortable and trusting of something that “brings” them food or anything that they associate with food. So this is an easy little trick to quickly create a positive association with ThunderShirt for your dog.
2. Next, simply follow the “Fitting Instructions” on the other side of this sheet. Leave ThunderShirt on for 5-10 minutes. Following these simple instructions allows you to learn exactly how to use ThunderShirt while the dog is calm. It can also be beneficial to put ThunderShirt on every 4 to 8 weeks in the absence of anxiety.

To further strengthen positive associations with ThunderShirt, provide a treat to your dog each time right after you put it on.

Many ThunderShirt dog owners report that their dogs really enjoy wearing their ThunderShirts, and many dogs even go on their own to where their ThunderShirts are stored when a storm approaches or some other anxiety trigger happens!

INFORMATION ON RETURNS OR EXCHANGES:

If you purchased your ThunderShirt directly from adaptil.co.uk website, please [contact us](#). If you purchased your ThunderShirt from another retailer, please contact them directly. We are unable to process returns or exchanges for products purchased from another retailer.



ThunderShirt®

FITTING INSTRUCTIONS

READ BEFORE USING YOUR THUNDERSHIRT

USING FOR EXTENDED PERIODS OF TIME: ThunderShirt is designed to be safe to leave on for extended periods of time when appropriate for the situation or issue. When sized correctly and properly put on with a soothingly snug fit, your dog should be very comfortable. If your dog will be wearing a ThunderShirt for more than one hour at a time, we recommend removing ThunderShirt every one to two hours during the initial periods to check for any signs of irritation points. Irritation points are very rare, but it is best to be cautious. After confirming no irritation points during initial uses for extended periods, we recommend that you still **remove the ThunderShirt at least twice a day for thirty minutes.**

NO EXPOSED HOOK FASTENERS: When properly sized and put on your dog, no sections of “hook fasteners” (the side of the fasteners that feels rough to the touch) should be exposed on the outside or against your dog’s fur. If you see exposed hook fasteners in either place, please remove the ThunderShirt and [contact us.](#)

CHEST STRAPS SHOULD BE LOOSE AROUND NECK: Use the “two-finger” collar rule when applying the neck straps (i.e. easily slide two fingers between the neck straps and your dogs neck without pressure). The neck straps are only intended to keep the ThunderShirt in place.

SEE DIAGRAM TO THE LEFT TO IDENTIFY PARTS MENTIONED BELOW



- 1 Place the ThunderShirt on your dog’s back and wrap the **Chest Straps lightly** around the front of your dog (the chest straps should not apply pressure to the neck) and secure with fasteners. The calming pressure is applied by the torso flaps, not the chest straps.
- 2 Wrap the **Short Flap** under the torso.
- 3 Wrap the **Long Flap** under the torso and secure with fasteners onto the **Short Flap**. Make a comfortable, snug fit.
- 4 Wrap the **Top Flap** down onto the **Long Flap** and secure with fasteners. Adjust to improve the snug fit and keep ThunderShirt securely in place.



Find videos, FAQs and more at www.adaptil.co.uk/pages/thundershirt