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Recent Study Shows ThunderShirt Lowers Heart Rate Of Anxious Dogs

*Top researchers including Temple Grandin, conduct study on the use of
ThunderShirt and its ability to calm dogs.*

Durham, N.C.--- A recent study, which will appear in the Journal of Veterinary Behavior, investigates the use of a pressure wrap ([ThunderShirt®](#)) on heart rate and behavior in dogs diagnosed with anxiety disorder. The study, conducted by Camille Kind, Laurie Buffington, Thomas J. Smith and renowned professor and animal behavior visionary, Temple Grandin found the ThunderShirt to be effective at lowering the heart rate of anxious dogs.

While the use of pressure has been studied in livestock animals, there has been minimal research on the use of pressure to reduce anxiety and stress in canines. The purpose collecting data on anxiety in canines allows for additional treatments to be considered.

“This study further solidifies the core belief that our product is an effective and simple way to calm a pet,” said Phil Blizzard, inventor of the ThunderShirt and CEO of ThunderWorks. “We look forward to using this data to help anxious dogs throughout the world.”

The subjects included 90 dogs (39 males and 51 females) that have been diagnosed with Separation Anxiety or Generalized Anxiety Disorder. The dogs were separated into three groups: Group 1 wore the ThunderShirt as directed by the manufacturer per the packaging and ThunderWorks.com instructions, Group 2 wore the ThunderShirt loosely around their body and Group 3 wore no ThunderShirt. The average heart rate and maximum heart rate were measured at baseline and then again after 15 minutes alone in a dog kennel. Dogs were video recorded and analysis completed for twelve behaviors: pacing, panting, yawning, tongue---flicking, drooling, elimination, barking, stress whining, howling, licking, door orientation, and calmness.

After the tests were completed, it was found that the dogs in Group 1, who had worn the ThunderShirt properly exhibited a lowered heart rate, decreased visual orientation towards the door (looking for their owner) and trended toward reduced yawning and tongue---flicking stress behaviors than the other two groups. Future studies are planned to collect data on the effect of a pressure wrap on a dog’s behavior.

If you are a member of the media and would like to request more information, product samples or an interview with ThunderShirt Inventor Phil Blizzard, please contact media@thundershirt.com.

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About ThunderShirt and ThunderWorks

Founded in 2009 in Durham, N.C., ThunderShirt's mission is to bring relief to the millions of dogs, cats and their families struggling to cope with anxieties. The ThunderShirt is designed to apply a constant, gentle pressure to a dog or cat's torso creating a dramatic calming effect for most users. ThunderShirt continues to investigate anxiety and fear issues with scientific---based studies and surveys from recognized veterinarians and pet owners. ThunderShirt has already helped millions of dogs and cats across the country and around the world. The company also donates thousands of ThunderWorks products and funding to rescue groups and shelters to help these organizations manage their anxiety cases and find permanent homes.

In recognition of the company's expanding product line into more calming solutions, ThunderShirt has changed its corporate name to ThunderWorks. As always, the company is committed to developing calming pet products that are effective, simple to use and strengthen the bond between pet and pet parent. Together, let's be better humans to our pets. Products are sold at www.ThunderWorks.com and by retail stores, veterinarians, trainers and kennels across the country.

Online: thunderworks.com

Facebook: facebook.com/ThunderShirt

Twitter: [@ThunderShirt](https://twitter.com/ThunderShirt)

Instagram: [@ThunderWorks](https://instagram.com/ThunderWorks)

Pinterest: pinterest.com/ThunderShirt