HELP 'EM UP

Fitting Guide



FITTING YOUR HARNESS

Scan for our fitting demonstration

Contact info@helpemup.com with any questions

Let's get started!



OPEN THE BAG AND LOCATE THE HANDLES OF THE HARNESS.

The handle pointing vertically is the front half handle and the handle lying horizontally is the Hip Lift handle.



MAKE SURE YOU HAVE THE CORRECT HIP LIFT.

The Conventional Hip Lift (on the left) fits all females and 80% of males.

The U-Band Hip Lift (on the right) has a padded "U" shaped opening that lets the penis pass through for the 20% of dogs whose penis is further back.

If you need more information visit: helpemup.com/pages/choosing-a-hip-lift



UNDO CLIPS A THROUGH E.

A&B are chest clips, C is one side of the Hip Lift clip and D&E are the tail straps.

Note: do not unclip both sides of the Hip Lift



HERE ARE THE ADJUSTMENT POINTS THAT WILL HELP YOU GET THE PERFECT FIT:

1. TAIL STRAPS:
The two padded tail straps help hold the Hip Lift in place and add additional lift to the pelvis.

2. CONNECTOR STRAP:
This long adjustable strap connects the Hip Lift to the front half, helping to hold it in place while also securing the Hip Lift over the hips/pelvis.

3. SHOULDER SLIDES:
The two shoulder slides let you adjust the circumference of the neck opening.

4. HIP LIFT CLIPS:
The two Hip Lift clips on either side of the waist allow you to center the handle over the hips and adjust the tightness of the hip support.

5. CHEST CLIPS:
The two clips on either side of the handle adjust the circumference of the chest. They may loosen with use - so snug them up from time to time!

6. O-RING:
This ring should be positioned over the manubrium, the bony prominence in the center of the chest. Do this by adjusting the shoulder straps and the slider on the T-Pad located under the chest.

Let's get your pup fitted!

SAFETY · COMFORT · SUPPORT

Place the harness on your dog's back with the vertical handle behind the head and the horizontal handle over the hips.

1. FIT THE FRONT:



Pull the neck opening over your dog's head. Reach down to pull the T-Pad between the front legs and under your dog's chest.

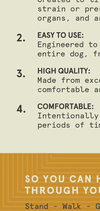


Pull the two chest straps up individually on either side of the body, and connect to clips A & B (located next to the handle).

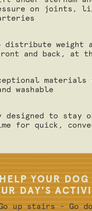


It is best to position the T-Pad directly under the ribs.To move the T-Pad forward or back - use the slider on the connecting chest strap.

2. FIT THE BACK:



Pull the unfastened Hip Lift clip under the belly and up to the top, refasten at clip C near the Hip Lift handle.



Pull the tail straps up on both sides of the tail between the dogs legs and reclip them at D&E.



Try to position the Hip Lift pad just forward of the hind legs. It should not look Hip Lift and in between legs for the U-Band Hip Lift.



Disconnect the connector strap to make adjustments more easily and then reconnect.

3. ADJUSTMENT TIPS:

As you adjust the straps, simply shorten the neoprene sleeves by pushing them down (scrunching them).

When lifting, a gap may form and that's okay. The harness lifts from underneath dog's body, limiting compression muscle and tissue but does not pull on joints.

Once you have your fit you can tuck the additional strap into the stretchy keepers.

The 'O' Ring should be positioned over the manubrium, the bony prominence in the center of the chest. Do this by adjusting the shoulder straps and the slider to the T-Pad.

HELP 'EM UP IS THOUGHTFULLY DESIGNED TO BE...

1. **PAIN-FREE:**
Created to lift under sternum and pelvis to reduce strain or pressure on joints, ligaments, internal organs, and arteries

2. **EASY TO USE:**
Engineered to distribute weight allowing you to lift the entire dog, front and back, at the same time with ease

3. **HIGH QUALITY:**
Made from exceptional materials to be extremely comfortable and washable

4. **COMFORTABLE:**
Intentionally designed to stay on your dog for extended periods of time for quick, convenient use

SO YOU CAN HELP YOUR DOG MOVE SAFELY THROUGH YOUR DAY'S ACTIVITIES.

Stand - Walk - Go up stairs - Go down stairs - Use the bathroom - Get in and out of the car - Get on and off the couch - Get on and off the bed - and more.

Things to know:

MAKE SURE TO ADJUST THE HARNESS FOR THE RIGHT FIT.
The harness is designed to fit each dog's unique shape, so proper adjustment is essential for comfort and function. It should fit snugly like clothes, but can be loosened for comfort when resting. Refer to the fitting diagram and video for step-by-step instructions.

THE HIP LIFT CANNOT BE USED ALONE.
The front half of the harness can be used alone but the Hip Lift (back half) needs the connection to the front half to stay in place, otherwise it can slip off and could cause injury.

YOUR DOG CAN CONVENIENTLY GO TO THE BATHROOM WITH THE HARNESS ON.
Both male and female dogs can poop and pee with the harness on. The support straps come up between their hind legs and are held apart by the dog's tail, giving consistent clearance for defecation. Dogs with the correct fit typically all dogs are able to pee comfortably. If your dog has a docked tail, let us know. We have tips!

DON'T LEAVE THE HARNESS ON FOR EXCESSIVE PERIODS OF TIME. DON'T LEAVE YOUR DOG UNATTENDED IN THE HARNESS.
Use only on dogs as an aid in lifting. Do not leave it on your dog for more than 6 to 8 hours at a time. You can also loosen the straps on the harness when your dog is laying down to make it more comfortable. Check for irritation or chafing on sensitive skin. If possible, take the harness off at night to give your dog a break. Discontinue use if irritation occurs and consult your veterinarian. Continued use despite signs of chafing or discomfort may lead to injury.

YOUR HARNESS WILL GET DIRTY.
The harness is machine washable. Just let it air dry. Clean as needed. We recommend fastening all clips before washing and placing the product in a laundry bag to help preserve its longevity.

SUPPORT YOU CAN COUNT ON