

All of the problems listed below have been cured, many times, by removing the bit. Dr. Cook invites purchasers of the Bitless Bridle to complete the first column of this research survey straight away, and the second column after they have used the bridle for a month or more.

<b>Owner's name:</b>
<b>Address:</b>
<b>Tel #:</b>
<b>E-mail address:</b>
<b>NAME, age and sex of horse:</b>
<b>BREED or TYPE:</b>
For how many years have you owned the horse?
Riding discipline (Pleasure, trail, endurance, dressage, combined training, etc.)?
Date on which questionnaire completed:
When did problems commence and what was the first problem?
In what month/year did you start using the Bitless Bridle?
Time interval since Bitless Bridle first used:
What bits had you tried before dispensing with bits altogether?
<b>Is your horse also barefoot?</b>
When (approximately) did you commence the barefoot program?
Have the changes noted above occurred during a period when the horse has also become barefoot?

Item	BEHAVIORAL PROFILE QUESTIONNAIRE	when	when
		bitted	bitless
		Y/N/NA	Y/N/NA

In the following 100 or more line items, strike out any features that are not applicable, or annotate as necessary. If you need more space for comment, add a numbered note as an attachment to the questionnaire. **Especially serious problems are printed in red.**

	<b>PAIN (expressed predominantly by various manifestations of FEAR)</b>		
A	<b>FRIGHT:</b> Anxious, unpredictable, 'hot', nervous, fearful, shy, spooky, panicky, tense, stressed, 'highly-strung		
B	<b>FLIGHT:</b> Difficult to slow or stop, bolting, 'rushing the jumps,' 'running through the bit'		
C	<b>FIGHT:</b> Argumentative, confrontational, aggressive, bossy, cranky, surly, resentful, adversarial, angry		
D	<b>FREEZE:</b> Napping, 'herd bound', refusing at jumps, rearing, bucking, refusal to rein back, resistant, 'mulish'		

	<b>MANAGEMENT PROBLEMS PRIOR TO RIDING</b>		
1	Your horse is difficult to catch in the paddock (anticipating pain at exercise, but also perhaps because of head shyness from trigeminal neuralgia)		
2	Difficulty in putting the bridle on; holds head high, tosses head, clenches teeth, panics at the very sight of a bridle, breaks out in a sweat		
3	Difficulty in taking the bridle off: horse fails to open its mouth, head jerks up and horse pulls away.		
4	Stand-offish in stable, unfriendly, pins ears, bites or threatens to bite. Turns head away and swings quarters around		
5	Head shyness: Unwilling to have a hose played on its head, difficult to handle (or clip) around the mouth, ears or forelock		
6	Your horse resents having his sheath handled and needs to be tranquilized for washing (One horse was apparently cured by removing the bit!)		

7	Difficulty with trailer loading		
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<b>PROBLEMS THAT MAKE RIDING ITSELF MORE COMPLICATED, DIFFICULT, OR DANGEROUS</b>			
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8	<b>Difficult to mount, fidgety, tense (neck braced, ears pinned), moves away prematurely, might even rear</b>		
9	<b>Bucking or bounding and sometimes spinning. Often triggered by a request for an upward transition from trot to canter</b>		
10	<b>Rearing, with or without flipping over backwards (somersaulting). Potentially fatal to horse and rider</b>		
11	Above' or 'ahead of the bit' (poking nose in the air), high-headed, 'star gazing, "braced,' avoiding the bit, hollow-backed		
12	Behind the bit,' 'overbent,' over-flexed, tucks chin into chest, 'spitting the bit,' 'over bridled'		
13	Grabs the bit,' i.e. puts the bit between the upper and lower first cheek teeth. The mouth will be open and control lost. (see also line item # 62)		
14	Hair-trigger response to the aids, hypersensitivity to the bit		
15	Atrial fibrillation; possibly triggered by dehydration from bit-induced sweating, & exacerbated by use of a diuretic (Salix)		
16	Lack of finesse in control, general 'unhappiness' when exercised		
17	Lazy, dull, tires prematurely, lack of 'life force,' subdued, ring sour, need for spurs		
18	Unfocussed, fussy, fidgety at work. Horse thinking of its painful mouth rather than where it is going		
19	Sweating excessively, hot and restless at exercise, "lathering-up"		
20	Lack of progress or slow progress in response to training, 'stagnation'		
21	During endurance rides, refusal, reluctance or difficulty in eating or drinking adequately because of the bit and perhaps a sore mouth also		
22	Ear pinning at exercise, threatens to bite other horses that come alongside, rarely pricks ears at exercise (see also line items # 39 and 43)		
23	Lip slapping (noisy flapping of lower lip) at work		
24	Napping (refusal or reluctance to go forward), 'herd-bound', 'freezing'		
25	Backing-up to avoid the bit ('sucking-back'). A habit of reversing rapidly without being asked		
26	Refusal to stand still, constant fidgeting		
27	Impossible to exercise by 'ponying' (as on the racetrack) because of pain in the mouth when led with a bitted bridle		
28	During arena or paddock exercise, repeatedly heads for the stable when passing by the gate		
29	When working or at rest, exhibits multiple wrinkles around nostrils and corner of mouth, pursed lips, lower lip tucked-up		
30	Uncooperative (not a 'team player'), regarding rider as an antagonist & nag rather than as a partner/leader		
31	Anxious expression in the eye, as evinced by a restless or staring eye, or by showing the white of the eye		
32	Crossing the jaw		
33	Fracture of the peak of the nasal bone or lower jaw from the too vigorous application of a mechanical hackamore, after the bit had been rejected		

<b>FACIAL NEURALGIA (THE HEADSHAKING SYNDROME) NB: Any or all of the signs listed under the other sections may also be part of the pain-induced headshaking syndrome, e.g., a headshaker may also be 'overbent,' a nose-poker', 'head tilter, etc., etc.,</b>			
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34	<b>Head shaking, head tossing, 'flipping the nose,' (mainly at exercise &amp; more often in summer)</b>		
35	Vertical headshaking when at rest in the stall or field		
36	Wriggling and sometimes elevation ('flipping') of the upper lip at exercise, as in the flehmen response. Clamping (partial closure) of the nostril		
37	At exercise, rubbing muzzle or face on fore-leg. At rest, extending foreleg and rubbing muzzle or side of face on foreleg		
38	Dropping nose close to the ground at exercise and even actually rubbing nose on the ground		
39	Rubbing nose on ground when stationary		
40	Sneezing & snorting		
41	Yawning during bridling or application of head collar (often accompanied by head tossing), yawning during or after exercise		
42	Burping or belching at exercise (and also at rest) as the result of wind-sucking (a sequel to an open mouth at exercise &/or to yawning)		
43	Blepharospasm (rapid and often noisy blinking) and/or photophobia (hypersensitivity to bright light)		
44	Grazing on the fly' (eating on the run), grabbing at grass or snatching at the leaves of trees in passing (see also line item # 24)		
45	Particularly 'difficult' on windy days, in bright sunlight, in the rain, or near trees (relates to 'head shyness' in line item #5 above)		

46	During or after exercise, tries to bite at the shank of the hackamore, curb bit, reins, at the rider's boots, or a horse alongside		
47	Watery eyes and nasal discharge accompanying or following a head-tossing exercise		
48	Coughing at the start of exercise, or coughing accompanied by headshaking		
49	Horizontal headshaking or rotatory headshaking (like a dog with ear trouble)		
50	Twitching of the cheek muscle (masseter muscle) on one or both sides (see also 'grinding of the teeth' on line item 67 below)		

<b>BREATHING DIFFICULTIES, MOSTLY CAUSED BY AIRWAY OBSTRUCTION</b>			
51	An open mouth ('gaping') lets air into the oral cavity; one of a number of ways in which the bit causes ESP & DDSP		
52	Bit-induced poll flexion (nasal bone vertical to the ground or worse) obstructs the airway at the level of the throat		
53	Tongue 'behind the bit,' 'swallowing the tongue,' obstructs the throat and voice box (larynx)		
54	Tongue over the bit' causes loss of control but can also obstruct the airway		
55	Thick-winded', 'roaring,' laryngeal stridor; caused by elevation or displacement of the soft palate (ESP or DDSP)		
56	Dorsal displacement of the soft palate (DDSP), 'gurgling,' 'choking-up' or 'choking down.' Gagging/coughing reflexes		
57	Epiglottal entrapment; a sequel to open mouth and subsequent elevation &/or dorsal displacement of the soft palate		
58	Throat obstruction leads to dynamic collapse of the larynx and windpipe, and structural deformity of the windpipe ('scabbard' trachea)		
59	Asphyxia-induced pulmonary edema (pulmonary "bleeding" or exercise-induced pulmonary hemorrhage - EIPH)		
60	Explosive coughing at exercise as a post-operative complication of laryngeal tie-back surgery		
61	Hiccups, 'thumps' (synchronous diaphragmatic flutter), e.g. from stress, insufficient drinking on a trail ride; dehydration from a diuretic (Salix) etc.		

<b>PROBLEMS CAUSED BY DIRECT PHYSICAL TRAUMA TO THE MOUTH</b>			
62	Sores, chafes, cuts or loss of pigment at the corner of the mouth (angle of lips)		
63	Bruising of the gums at the bars or frank cuts; bleeding from the mouth		
64	Inappetence for a day or so after racing or other exercise, resulting from a sore mouth		
65	Dropping food from the mouth ('quidding') because of a sore mouth		
66	Ulcers inside the cheeks from sharp teeth (common).		
67	<b>Bone spurs (mandibular periostitis) on the bars of the mouth (diagnosed by palpation &amp;/or radiography). Extremely common</b>		
68	<b>Putting the bit between its teeth, in self-defence, results (commonly) in the erosion &amp; premature loss of lower jaw cheek teeth</b>		
69	<b>Compound fracture of the lower jaw from a loose horse treading on a trailing rein or from a fallen rider hanging on to the rein</b>		
70	<b>Star fracture of the bars of the mouth followed by death of bone and sequestrum formation</b>		
71	<b>Amputation of the tongue, partial amputation, or deep scarring</b>		

<b>OTHER PROBLEMS AFFECTING THE MOUTH IN PARTICULAR</b>			
72	Hates the bit, chomping, chewing or clenching the bit, grinding the teeth (bruxism), constant fussing with the bit, 'busy mouth,' evading contact		
73	Tongue lolling, tongue protrusion at exercise and sometimes (more rarely) at rest. At exercise, often associated with 'tongue-over-bit'		
74	Pulling on the bit, 'hard-mouthed,' 'spoiled mouth,' especially when heading home, pounds of rein pressure needed rather than ounces		
75	Salivates excessively (because of counter-productive stimulation of digestive responses) froths at mouth, drooling and slobbering		

<b>PROBLEMS THAT INTERFERE ESPECIALLY WITH A HORSE'S STRIDE</b>			
76	Stiff-necked, 'lock jawed,' reluctant to flex at the poll, will not 'relax' or 'flex' the jaw' (i.e. open the mouth, something it should not do anyway)		
77	Stiff or choppy stride ('bridle lameness'). Short stride giving slower speed		
78	Incoordination. The bit can cause signs that are easily mistaken for equine protozoal myelitis (EPM)		
79	Tilts head at exercise or refuses to keep head facing the line of travel. Accompanied by twisting of neck		
80	<b>Stumbling, often accompanied by sluggishness &amp; loss of interest in work</b>		

81	<b>Lacking in courage or confidence, not 'forward', refuses at jumps, lacking hind-end impulsion</b>		
82	Heavy on the forehand, leaning on the bit, low-headed		
83	Difficult to steer in one or both directions or to travel straight, 'lugging,' 'bearing,' 'pulling in' or 'pulling out,' 'lugs on the bit'		
84	<b>Fatigue &amp;/or airway obstruction at speed leading to a fall that results in a broken leg (Thoroughbred racehorses in particular)</b>		
85	<b>Breakdowns (from premature fatigue triggered by bit-induced shortage of breath)</b>		
86	Jigging, prancing, and 'rushing' when required to walk		
87	Refusal or difficulty in rein-back. Inability to rein-back in a straight line		
88	Interfering' with hind hoof (hitting front hoof with hind hoof on same side)		
89	Inverted frame (high head carriage, hollow back), 'strung-out'		
90	Pig-rooting,' 'gagging,' 'yawing,' diving with head or suddenly extending head forwards and snatching the reins out of the riders hands, 'yanking'		
91	Tying-up (muscle cramps, azoturia, exertional rhabdomyolysis); highly-strung, nervous, and stressed horses are thought to be predisposed		
92	Tail swishing or wringing ('flashing'), particularly when asked to canter or rein-back. Alternatively, tail clamping (sign of a rigid spine)		
93	Refusal or reluctance to change leads or to lead on one particular leg		
94	Dragging toes of hind feet, 'toe-scuffing'		
95	Reluctance to maintain canter		
96	A disconcerting trick of running into or close to standing objects (for example, poles in an arena) in an effort to dislodge ('rub-off') the rider		
97	False collection (from bit pressure rather than from hind-end impulsion), producing muscle cramps in jaw, neck, shoulder, back and quarters		

<b>CAUSES OF SUDDEN DEATH</b>			
98	<b>A rearing episode can lead to a horse flipping over backwards and fracturing the base of its skull or breaking its back</b>		
99	<b>A severe episode of pulmonary bleeding can cause fatal asphyxiation</b>		
100	<b>Bit-induced partial asphyxia = (i.e. leads to) premature fatigue in a racehorse = a fall = fracture of a long bone necessitating euthanasia</b>		
101	<b>Fatigue from the same cause can lead to a 'false step,' career-ending breakdown, and euthanasia</b>		

<b>EFFECT OF ALL OF THE ABOVE ON THE RIDER</b>			
102	Self-evaluation of riding skills as 'poor' when, in fact, horsemen <b>should</b> be blaming their 'tools' (i.e. the bit or bits)		
103	Development of a sense of frustration with apparent inability to master the art of equitation		
104	A burgeoning annoyance bordering on anger with the horse		
105	An increasing reluctance to exercise the horse on a regular basis and the generation of displacement activities (excuses)		
106	A loss of that sense of harmony between horse and rider that is so critical to all good horsemanship		
107	Riding ceases to give the rider (or the horse) pleasure		
108	Loss of confidence, fear of riding, and a decision to give up riding altogether		
109	Decision to sell or breed from a horse that appears to have incurable problems and to buy another for riding		
110	Economic embarrassment from doomed attempts to treat problems by means other than by removal of their cause, the only logical treatment		
111	<b>Personal injury (anything from fractured collar bones to near death experiences)</b>		

**NOTES** (including any additional signs): For example have ulcers on the gums or tongue been a problem?

To date there is no evidence to link wind-sucking or crib-biting as problems that might be caused by the bit but it would be worth noting the occurrence of such items in case a pattern of correlation could be demonstrated. The same applies to the problem of self-mutilation in the stall.

(NB: Repeat questionnaires are extremely valuable. For example, a questionnaire completed after, say, the first four weeks

**SEQUENCE OF APPEARANCE OF THE PROBLEMS LISTED ABOVE:** Information of special interest is the order in which problems occurred over a period of time. If possible, assign an approximate time-line chronology (1st, 2nd, 3rd etc) against the problems you have noted. If the horse already had a collection of behavioural problems at the time of purchase, these should be flagged. If after you have observed the the horse for a time two signs appeared simultaneously, these might be marked with an equal sign.

**SEQUENCE OF PROBLEM RESOLUTION:** It would also be of interest to know in which order the problems disappeared on using the Bitless Bridle.

Questionnaires may be completed by computer and returned to [drcook@bitlessbridle.com](mailto:drcook@bitlessbridle.com) or printed out, completed by hand, and posted to:  
 Dr. Robert Cook  
 206, Birch Run Road, Chestertown, MD 21620, USA  
 Tel: (410) 778 9005.

**OFFICE USE ONLY**

Major problems with bit:
Total number of problems when bitted: .....
Number of problems solved after using BB for ..... months/years = ..... (.....%)
Number of problems remaining after BB used for ..... months/years = ..... (.....%)
Number of problems that developed after using BB that were not present before .....

NOTES:
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RECOMMENDATIONS:
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