Use of scruffing has been shown to produce negative behavioral responses in cats. Alternative restraint techniques can be safe, effective, and less stressful for our patients. Each individual cat will have a method they will best tolerate.

### Holds

These alternative grips apply gentle pressure at key points to maintain control of a cat’s head and neck.

- **Baseball Hold**
- **C-Hold**

### Wraps

Towels are a useful tool to firmly but gently support the body and limbs, while providing a space to hide.

- **Burrito Wrap**
- **Chin Wrap**