

Dressing After Stroke

Put on and Take off a Bra with One Hand

Right Side Weakness

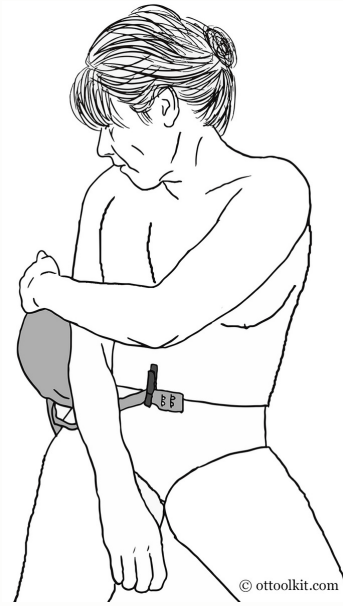
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1.



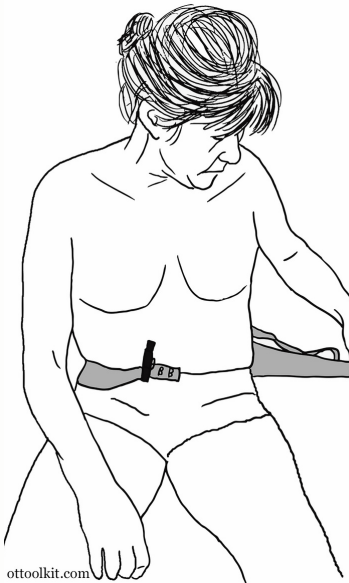
Clip the loop side of the bra to the pants.

2.



Move the bra behind your back around to your **right** side.

3.



Reach back on your **left** side and pull the bra forward.

4.



Hook the bra.

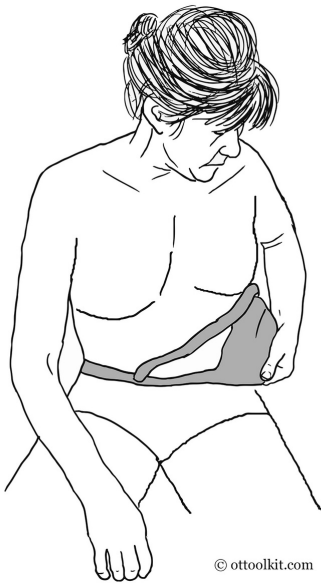


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5.

Remove clip and move the bra around your waist.



6.

Place your **right** hand into the **right** shoulder strap.



7.

Pull the **right** shoulder strap up onto your shoulder.



8.

Put your **left** arm into the other bra strap. Reverse the steps to take off the bra.



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For more Dressing After Stroke Resources visit Patient and Family Education Resources page (SCROLL to Personal Care & Dressing) www.cesnstroke.ca