

Dressing After Stroke

Put on an Open Front Shirt with One Hand

Left Side Weakness

page 1 of 2



Find the **left** sleeve. Lean forward and hang your **left** arm between your legs.



Move the sleeve up your **left** arm.



Move the shirt around your shoulders and back.



Grasp the collar and pull the shirt around your **right** shoulder.



Dressing After Stroke

Put on a T-shirt with One Hand

Left Side Weakness

page 2 of 2



5.
Place your **right** arm into the **right** sleeve .



6.
Button the shirt.



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