Dressing After Stroke Put on an Open Front Shirt with One Hand



Left Side Weakness

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1.

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



3.

Move the shirt around your shoulders and back.



2.

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



4.

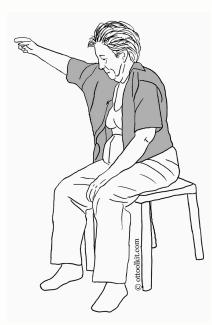
Grasp the collar and pull the shirt around your **right** shoulder.

Dressing After Stroke Put on a T-shirt with One Hand



Left Side Weakness

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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