

Dressing After Stroke

Take Off an Open Front Shirt with One Hand

Right Side Weakness

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1.
Open the shirt. Grasp the back of the collar.



2.
Pull the shirt off over your head.



3.
Take your **right** arm out of the sleeve.



4.
Remove your **left** arm from the shirt by rubbing it against your leg.



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