

DONNING BRASSIERE FOR PERSONS WITH HEMIPLEGIA (Technique1)

Purpose: This modified technique is designed to allow individuals with one-sided weakness to put on a bra with more ease.

Instructions: The following instructions correspond to the numbered figures above.
(gray/shaded area = hemiplegic side)

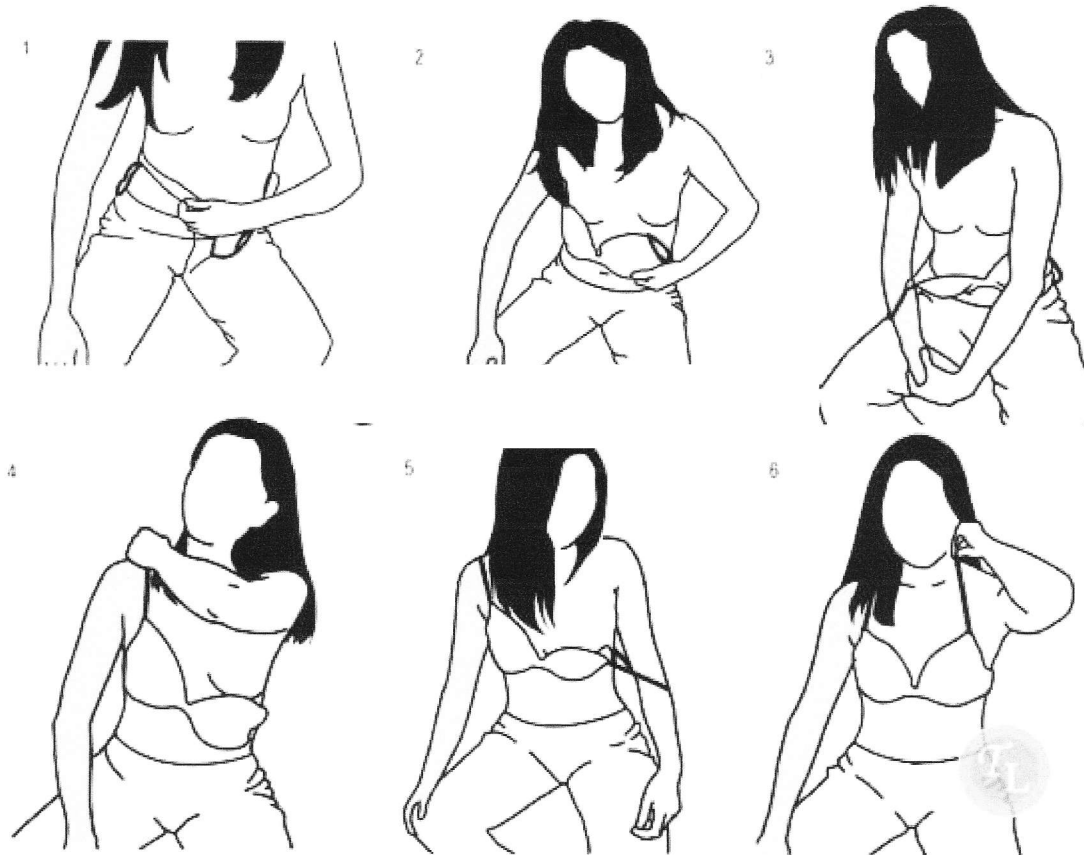
1. Place weak hand on the lap. Place bra front side down on the lap. Using strong hand, fasten the bra hooks securely.
2. Allow weak hand to hang between the knees. Guide the weak hand to insert it through the bra's body and shoulder straps.
3. Insert strong hand/arm through the bra's body and shoulder straps. Pull straps up past the elbow.
4. While bending body and head slightly forward, use strong hand to pull body strap over head and towards the back.
5. Pull the bra cups down and fix for comfort.

6. Position shoulder straps comfortably on each shoulder.

Precaution: Individuals with decreased sitting balance must be supervised by a caregiver and must be seated on a chair with sufficient back and arm supports.

Target Response: The individual will demonstrate modified independence in donning a bra.

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DONNING BRASSIERE FOR PERSONS WITH HEMIPLEGIA (Technique2)

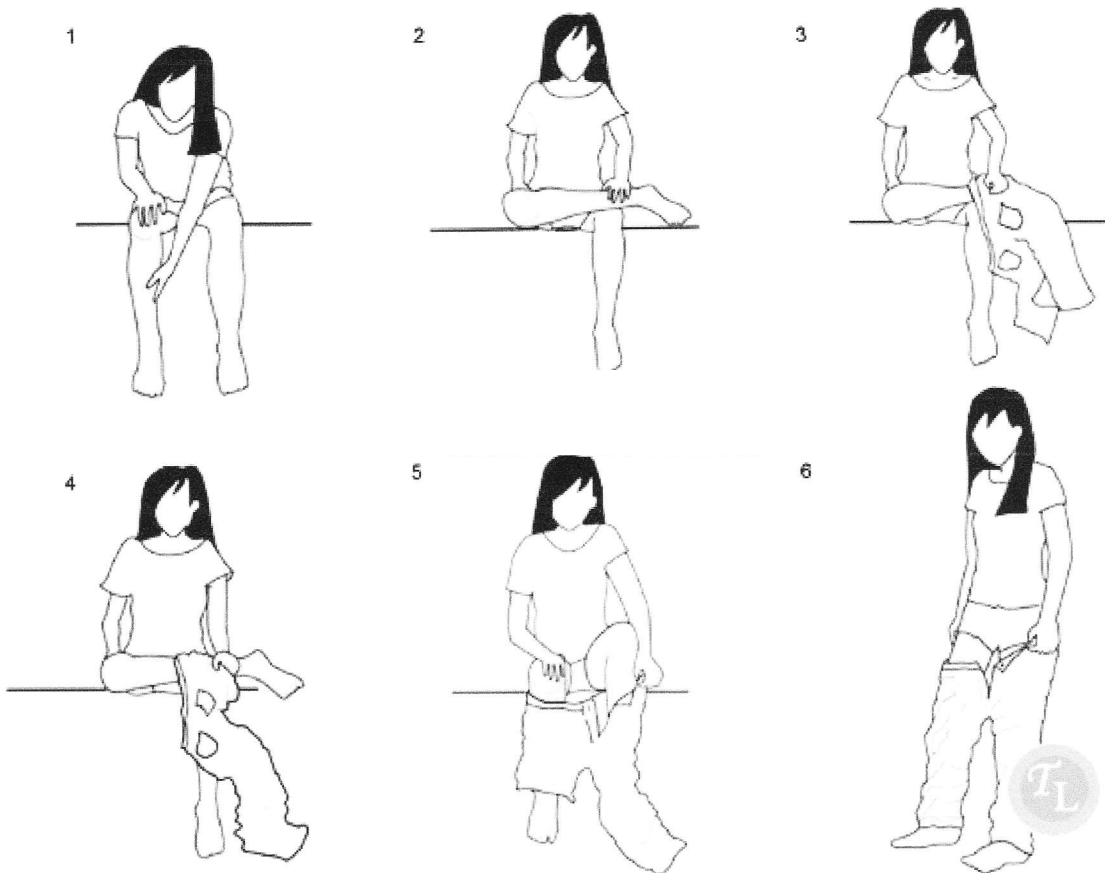
Purpose: This modified technique is designed to allow individuals with one-sided weakness to put on a bra with more ease.

Instructions: The following instructions correspond to the numbered figures above.
(gray/shaded area = hemiplegic side)

1. Using strong hand bring bra's body strap around the waist. Make sure that the bra cups are oriented in the correct vertical position. Bring back hooks towards the front and fasten.
2. Once hooks are fastened securely, bring bra cups towards the front.
3. Insert weak hand/arm through the corresponding shoulder strap.
4. Pull shoulder strap up and fix comfortably on shoulder.
5. Insert strong hand/arm through the corresponding shoulder strap.
6. Pull shoulder strap up and fix comfortably on shoulder.

Precaution: Individuals with decreased sitting balance must be supervised by a caregiver and must be seated on a chair with sufficient back and arm supports.

Target Response: The individual will demonstrate modified independence in donning a bra.



DONNING PANTS FOR PERSONS WITH HEMIPLEGIA

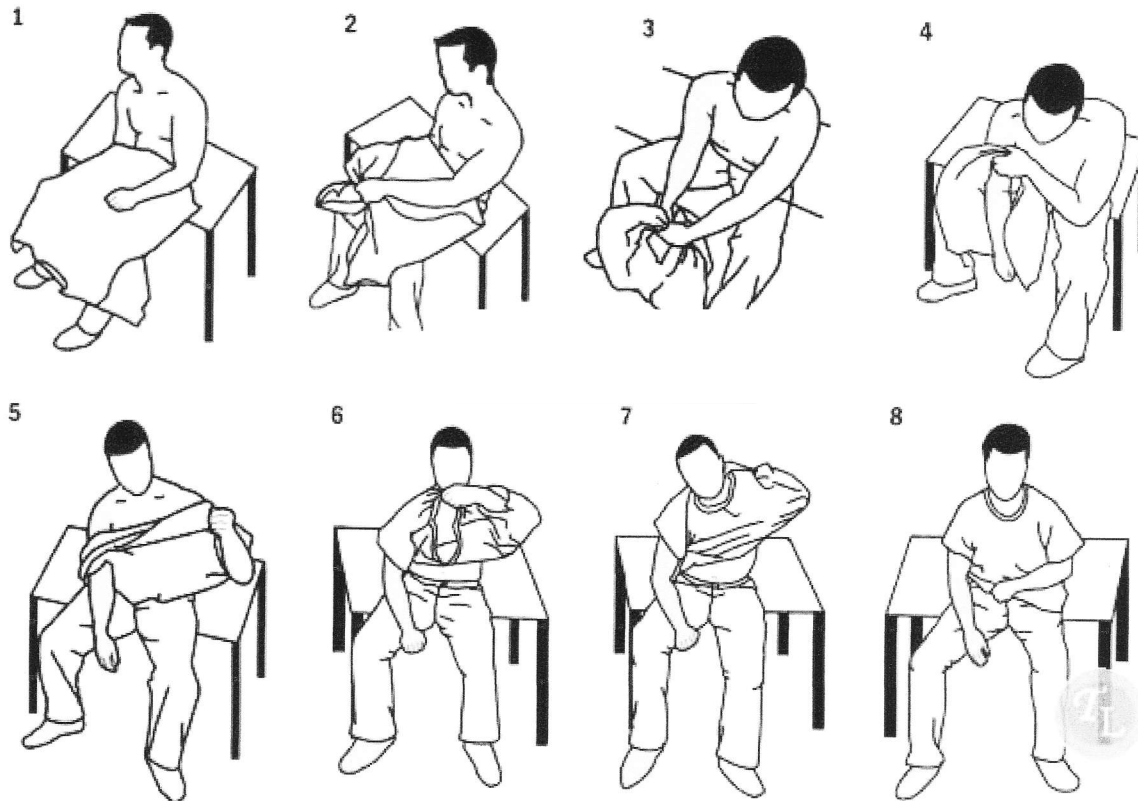
GOAL: To assist persons with hemiplegia in achieving modified independence with lower body dressing

INSTRUCTIONS: The following correspond to numbered figures above. (gray/shaded area = hemiplegic side)

1. Place affected hand on lap. Using unaffected hand, reach down and grab lower leg (below calf level, IF with good sitting balance).
2. Place affected leg crossed over opposite thigh. You may place unaffected foot on top of low stool so that the knee is higher, thereby preventing affected leg from sliding off.
3. Gather pant leg for the affected side. Thread affected leg through pants.
4. Pull up pant over affected leg.
5. Bring affected leg back on the floor. Now thread unaffected leg through pants.

6. Push self up to standing. Pull pants up past thigh and over waist using unaffected hand. If standing balance is impaired, make sure there is another person providing necessary amount of support in standing.

PRECAUTIONS: Patients who have impaired sitting or standing balance must receive caregiver assistance to maintain position. A chair with arm and back rests is also required for safety.



DONNING A PULLOVER SHIRT FOR PERSONS WITH HEMIPLEGIA

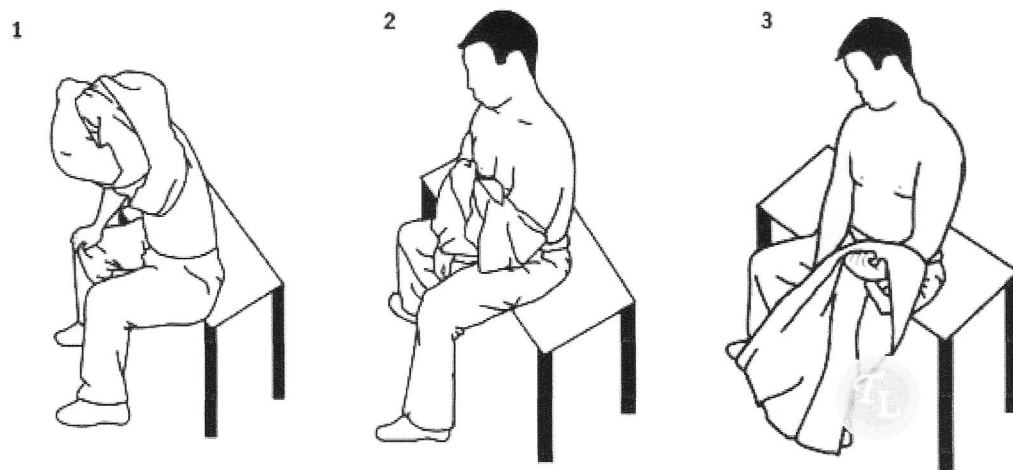
Purpose: This technique is designed to allow individuals with one-sided weakness to don a pullover shirt with ease.

Instructions: (Each number represents the corresponding numbered figure) Shaded area represents hemiplegic / weak extremity.

1. Locate the front side of the shirt. Place the shirt front side down on the lap, with the bottom of the shirt close to the body.
2. Gather up 'weak-side' sleeve, from the bottom of the shirt to the edge of the sleeve. Maintain grasp of sleeve hole.
3. Bend forward and allow weak arm/hand to hang between the knees. Thread weak hand through sleeve hole.
4. Pull sleeve all the way up along weak arm, **past the elbow**.
5. Insert strong hand/arm into the sleeve, also up **past the elbow**.

6. Gather back-side of collar, all the way to the bottom of the shirt.
7. Lean forward slightly and pull collar over head.
8. Pull shirt down on the body and fix as necessary.

Precautions: Patients with poor sitting balance must be supervised and must be seated on a chair with arm and back rests.



DOFFING PULLOVER SHIRT FOR PERSONS WITH HEMIPLEGIA

Purpose: This technique is designed to allow individuals with one-sided weakness to remove a pullover shirt with ease.

Instructions: The following correspond to numbered figures above. (gray/shaded area = hemiplegic side)

1. Bend your body and head slightly forward. Using your strong hand, gather the shirt from the back collar until you grasp the bottom of the shirt. Pull the shirt over your head. (Figure 1)
2. Pull the sleeve off the weak arm. (Figure 2)
3. Pull the sleeve off or allow the sleeve to slide off the strong arm. (Fig. 3)

Precaution: Individuals with decreased sitting balance must be supervised by a caregiver and must be seated on a chair with sufficient back and arm supports.

Target Response: The individual will demonstrate complete independence in doffing a pullover shirt.