

Occupational Therapy TOOLKIT

Putting on Open Front Garment

One-Handed



1. Locate the right sleeve.



2. Work the sleeve up your affected arm.



3. Move as much of the shirt around your back as possible.



4. Grasp the collar with your un-affected hand and pull the shirt around.

1 of 2

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Putting on Open Front Garment Using One-Handed Method - Right Side Affected



5. Place your un-affected arm into the other sleeve.



6. Finish by fastening the shirt.