

ONE-HANDED TECHNIQUES:

Putting On and Removing a Pullover Garment

This handout describes how to put on and remove a pullover garment using one hand. While there are many ways to perform one-handed techniques, this handout will give you some ideas of how to get started.



Step 1.

Begin sitting with your shirt facedown on your lap, with the collar at the knees.



Step 2.

Gather the opening of the shirtsleeve on your affected arm and begin to work your arm through the sleeve.



Step 3.

Pull the shirt up your arm and over your elbow, then slide your strong arm into the other sleeve opening.



Step 4.

Using your strong arm, grasp the fabric at the collar and pull the shirt over your head.

The One Handers A Basic Guide To Activities Of Daily Living

JL Elias



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