

Upper body dressing

A guide for patients and their carers

Your occupational therapist is



9231 3850 and pager _____

Please note the following information is a guide only. Contact your Occupational Therapist if you have any questions.

The techniques are recommended to help you safely and independently dress your upper body using one hand.

Pre-dressing tips

- Always dress affected arm first.
- Front opening shirts and cardigans are easiest.
- Loose fitting jackets can easily slip over your shoulder and sling.
- Dress while sitting, at least at first, until you feel confident enough to balance while standing.

Slings

- It is easier to wear clothing over your sling.
- If you wish to wear clothing under your sling, it is very important that you fully support your arm and shoulder on your lap whilst out of the sling. You can do this by placing a pillow under your arm on your lap.
- Always place your arm back into the sling after getting dressed.

Dressing

1. Support the affected arm on your lap. Hold the neck of the garment and with your good arm, shake out any twists
2. Place the garment on your lap with the outside facing up and collar closest to you.
3. Arrange the sleeve opening so that it is close to your affected arm.
4. Using your unaffected arm, gently lift and place the hand of your affected arm into the sleeve.
5. Work the sleeve over your hand and up towards your shoulder.



6. While gently leaning forward, pull the collar behind your head with your unaffected arm.



7. Feed your unaffected arm through the sleeve by pulling your arm up and out.

If wearing a brassiere, fasten the hooks at the front then turn it around to the back.

Small aids, such as a button hook, may assist with dressing. Ask your Occupational Therapist to demonstrate these.

Always follow the guidance of your surgeon and Occupational Therapist regarding surgical precautions/restrictions.