

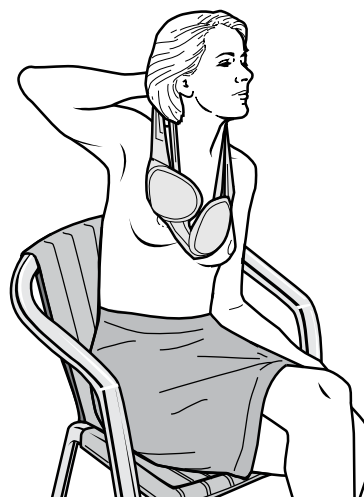
Putting on a Bra with One Hand



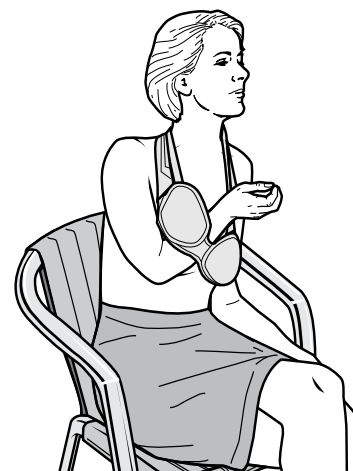
THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

If you have an injury or stroke and are not able to use one hand, follow these steps to put on a bra. It is easiest to do this while sitting down. You may have a caregiver that can help you to do this.

1. Fasten the ends of the bra or ask your caregiver to help you. You can also ask someone to fasten all of your bras at once so they are ready to put on.
2. Pick up the bra in your strong hand with the straps at the top and put it over your head. Be sure the straps are at the top or the bra will end up being inside out.



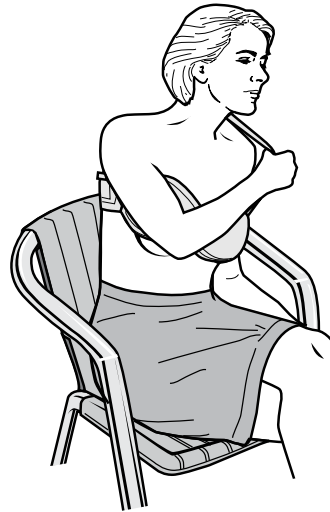
3. Slide your strong hand inside the bra and push your arm up through the bra.



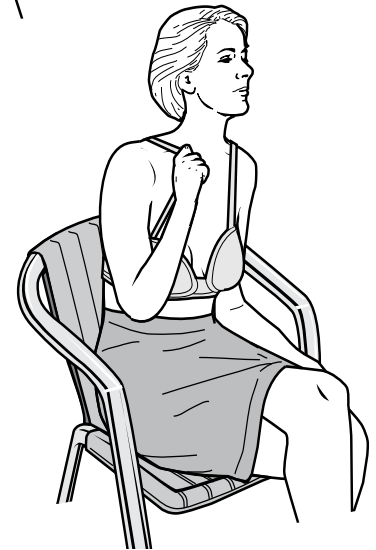
4. Pick up the weak hand with your strong hand. Place the weak hand into the opening in the straps.
5. Adjust the bra as needed with your strong hand so the cups are in front of your body and the straps are at the top.

6. Use your strong hand and lift your weak hand into the strap on the weak side.

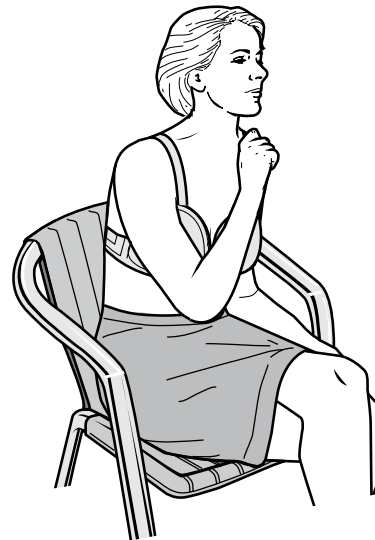
7. Pull the strap up on that arm.



8. Put your stronger arm into the other strap and pull it up on that arm.



9. Adjust the bra and the straps as needed.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.