Putting on a Pullover Shirt with One Hand

If you have weakness on one side of your body because of an injury or stroke, follow these steps to put on a pullover shirt using your strong hand. Dress your injured or weaker arm first. It is easier to do this if you are seated on a firm chair.

Putting on the shirt

1. Place the shirt on your lap with the front of the shirt face down and the collar or tag at your knees.

2. Roll the bottom edge of the shirt back to expose the sleeve for the weak arm.

3. Move the sleeve opening for the weak arm between your knees and open it as large as possible.

4. Use your strong hand to grab your weak arm and place the weak hand into the sleeve opening. Make sure your fingers do not get caught in the sleeve. It may help to lean forward to let your weak arm drop down into the sleeve.
5. Pull the shoulder seam up the arm past the elbow.

6. Put your strong arm into the other sleeve opening.

7. Pull the shirt on the weak side up to the shoulder as much as you can.

8. Gather the back of the shirt up in your strong hand.

9. Lean slightly forward, lower your chin and pull the shirt over your head.

10. Use your strong hand and push the bulk of the shirt material over your weak shoulder toward your back.
11. Pull the shirt down over your stomach on both sides. Pull to adjust as needed.

Taking off the shirt

1. Reach back with your strong hand behind your neck and start to gather the shirt up in your hand.

2. Lean slightly forward, lower your chin and pull the shirt over your head.

3. Pull your strong arm out of the sleeve.

4. Use your strong hand to pull the other sleeve off the weak arm.

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.

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