Putting on Shoes with One Hand

If you have weakness on one side of your body because of an injury or stroke, you can follow these steps to put shoes on with your one strong arm.

1. Sit in a firm chair or the side of the bed. If you are in a wheelchair, lock all the wheels. Have the foot rests up and your feet on the floor.

2. Use your strong hand and grab hold of your ankle of your weak leg. Cross your weak leg over your strong leg.

3. Hold the shoe by the tongue of the shoe.

4. Slide the shoe as far onto your foot as you can.
5. Place your fingers inside the heel of the shoe or place your hand on the heel of the shoe. Slide the shoe further onto the foot.

6. Uncross your leg and place your foot on the floor. Push on your knee to help push your foot all the way into the shoe.

7. Cross your strong leg over your weak leg and grasp the other shoe by the tongue. Continue with steps 4, 5 and 6.

Elastic shoelaces or other adapted shoelaces can help with tying your shoes.

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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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