

Upper Body Dressing

Difficulties in Upper Body Dressing

Many conditions result in symptoms that can affect your ability to move your upper body. Struggles with upper body dressing can result in increased pain, frustrations and dependence on others to help you wear your top.

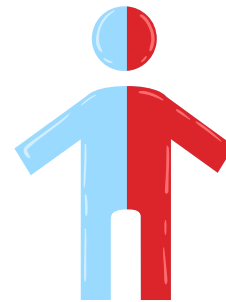
Symptoms that lead to difficulties in upper body dressing include:



Elbow injury

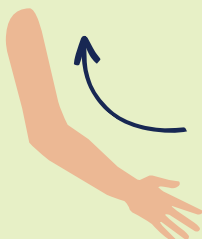


Shoulder injury



General or
one-sided weakness

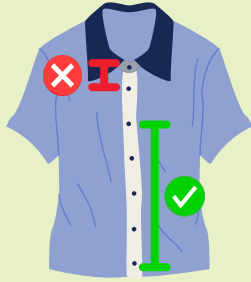
Tips for Upper Body Dressing



To avoid sleeves from getting stuck, pull them up as close to the shoulders as possible when wearing.



Use a sleeveless top instead for ease of wearing



If you find T-shirt style easier, button up all except the top few first before wearing it like a T-shirt



Struggling to button with one hand? Ask your Occupational Therapist about a buttonhook to help!

Upper Body Dressing Advice:

For ease when putting on a shirt, follow to these tips:

Threading arms and removing

When putting on your top, always thread your weaker or painful arm first.

When taking off your top, remove your weaker or painful arm last.



Pulling over shoulder

Gather as much shirt to the back with your good hand before pulling along the collar to the other side of the shoulder

Quick Tips

For caregivers: Encourage active participation and only assist when necessary.

Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



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