



## Donning a Pullover Shirt

Whenever possible, dressing should be done out of bed. Over-the-head shirts are the easiest to put on.

1. Place shirt on lap, back side up, with the two sleeves in view. With the strong hand, gather the shirt up to the sleeve on the weak side.
2. Use your strong hand to place the weak hand into the sleeve opening. Pull sleeve material onto the weak hand and up over elbow and then shoulder.
3. Gather shirt back with strong hand, lean forward and duck head, then pass shirt over head. Adjust shirt.
4. To remove pullover shirt, start at top of back, gather shirt up, lean forward and pull shirt over head with your strong hand.
5. Remove shirt from the weak arm first, then from the strong arm.

*Source: American Heart Association*

