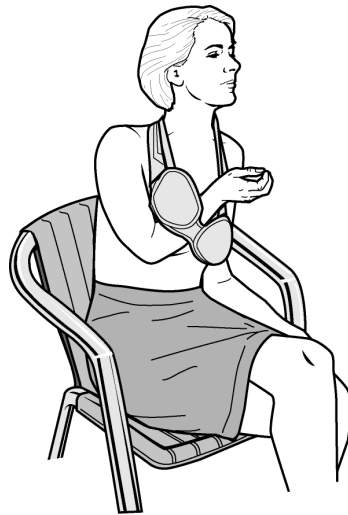
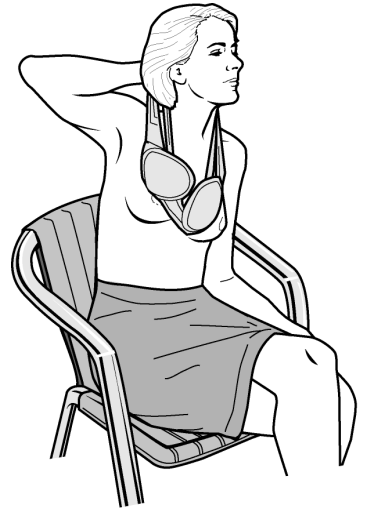


# Putting on a Bra with One Hand

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.

1. Fasten the ends of the bra.
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.

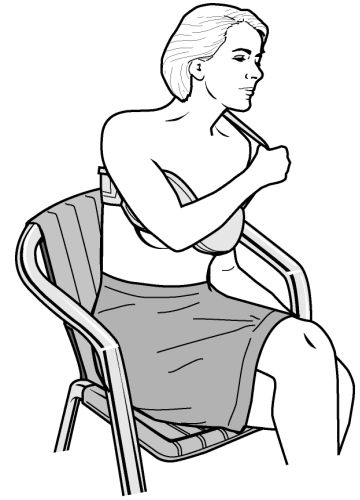


4. With your strong hand, pull the bra down over your weak arm. Lift your weak hand to pull it out of the bra. Your bra will be around your body near your waist.
5. Adjust the bra as needed with your strong hand so the cups are in front of your body and the straps are at the top.

More on next page →

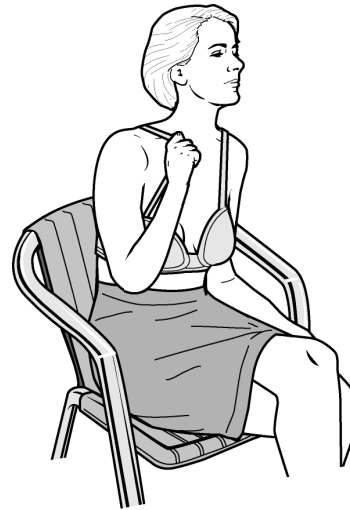
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6. Use your strong hand and lift your weak hand into the strap on the weak side.

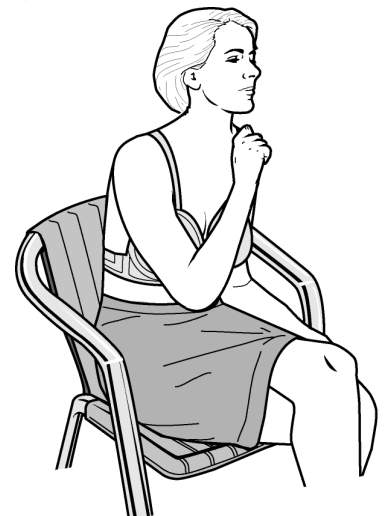


7. Pull the strap up on that arm.

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 others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**