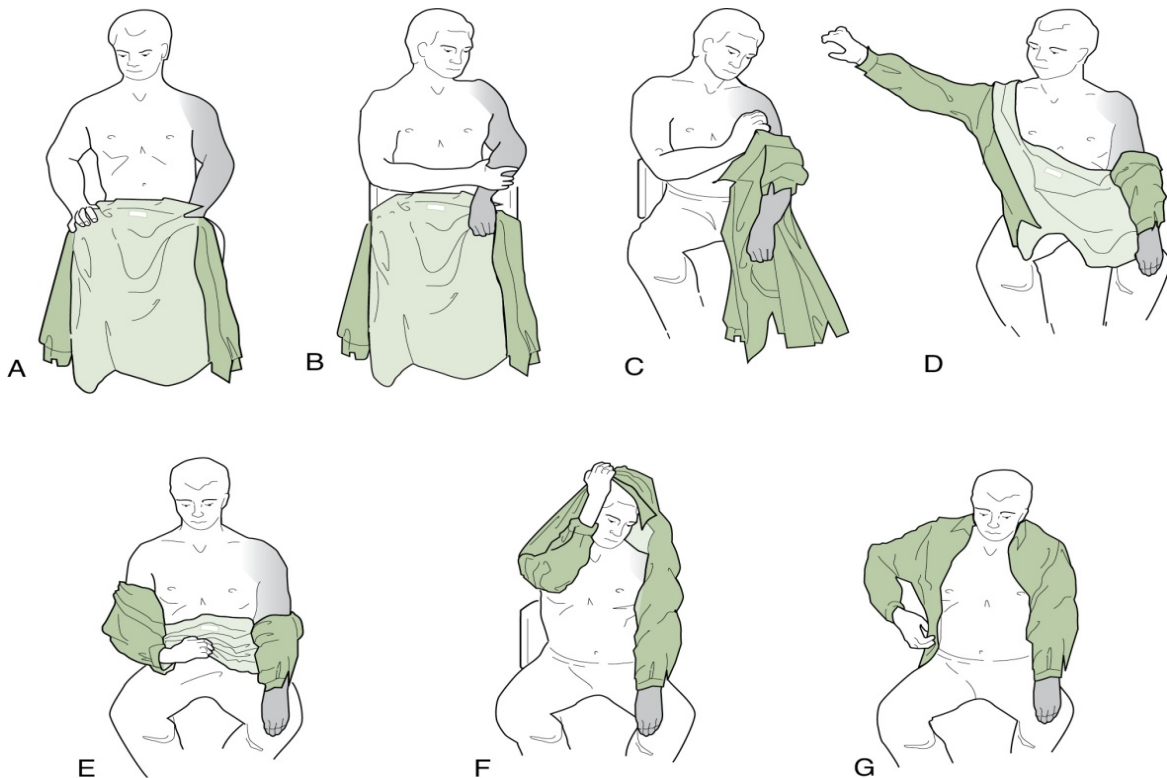




## Adaptive Equipment for Neurologic Patients to Improve Independence in Dressing

### Upper Body Dressing:

- As a general rule, the affected limb is dressed first and undressed last.
- Most difficult tasks found to be pulling pants up, putting the shoe on the affected foot, and lacing shoes.
- Over-the-shoulder method
- Reacher
- Zipper Pull



## Lower Body Dressing:

- Most difficult tasks found to be pulling pants up, putting the shoe on the affected foot, and lacing shoes
- Use dressing stick for pushing and pulling garments off and on feet and legs
- Use sock aid for socks
- Use elastic shoelaces or adapt shoe fastener such as Velcro-fastened shoe or a secure slip-on shoe
- Use a Reacher for picking up socks and shoes arranging clothes, removing clothes from hangers, picking up objects on the floor, and donning pants



Reference: Occupational Therapy for Physical Dysfunction Seventh Edition by Mary Vining Radomski & Catherine A. Trombly