

HEMIPARESIS - 1

Dressing: Front Opening Shirt

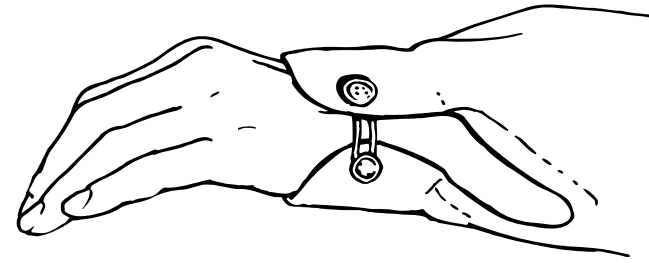


Lean forward to allow affected arm to drop into sleeve.
Pull up to shoulder and around back.
Put other arm into sleeve.

To remove shirt, start with unaffected arm.

HEMIPARESIS- 2

Dressing: Buttoning Sleeves



To eliminate need to button and unbutton sleeve cuff:

- ___ Thread a spare button with elastic loop.
Attach to sleeve button to form a cuff link.
- ___ As an alternative, sew sleeve buttons on using elastic thread.
- ___ Or make fit looser by sewing button closer to edge of cuff opening.

HEMIPARESIS - 3

Dressing: Putting on T-Shirt

With shirt facing down, guide affected arm from bottom opening through sleeve.

Pull shirt up to shoulder and put other arm through sleeve.



Hold back of neck opening to pull up and over head. Pull shirt down over trunk.

HEMIPARESIS - 4

Dressing: Removing T-Shirt

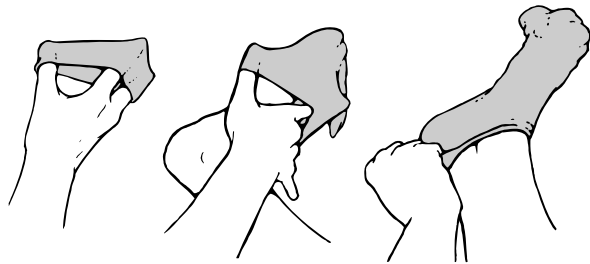


Bring front of neck opening loosely around chin.
Reach for back of neck opening. Pull up and forward.
Slide unaffected arm out of sleeve.
Then slide sleeve off affected side.

Routine For:
Created By:

OT - Adapted ADLs - Hemiparesis

HEMIPARESIS - 6
Dressing: One-Handed Sock Donning



Use socks which have light elastic.
Prop foot on opposite leg, low stool or chair.
Use fingers to spread sock open. Slide over all toes.
Pull over heel and up.

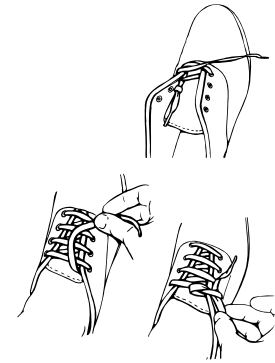
HEMIPARESIS - 7
Dressing: Shoe Laces

Lacing:
Tie knot at one end of shoelace and place inside shoe. Use other end to lace shoe as shown.

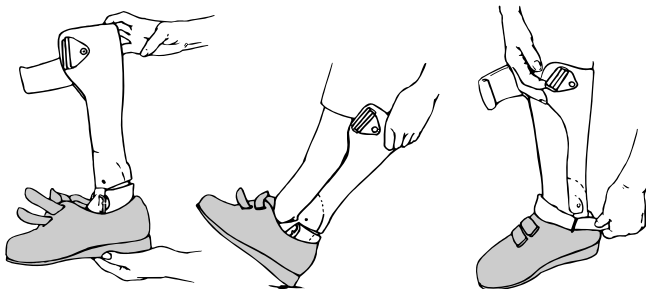
Tying:
Pull on lace to bring end up and over final crossover.

Make loop and tuck under final crossover. Make it tight by wiggling side to side while pulling gently.

Also consider elastic laces or Velcro®.



HEMIPARESIS - 9
Dressing: Leg Brace



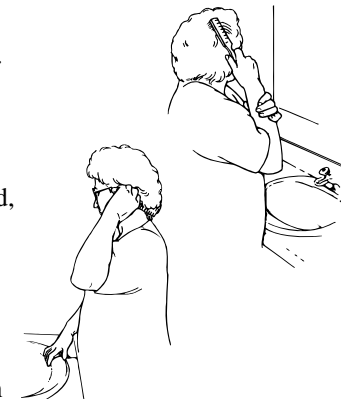
Unfasten all straps, and place brace inside shoe.
Step in until heel is down in place.
Fasten all straps.

HEMIPARESIS - 12
Grooming: Hair

Use affected arm, if able, to brush hair on side. Use other hand to assist with movements.

When not using affected hand, place on firm surface to stimulate weight bearing.

May sit if unable to maintain standing balance.



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HEMIPARETIS - 13
Grooming: Brushing Teeth

When dominant side is affected, an electric toothbrush is helpful. If able, lean on affected arm while standing at sink.



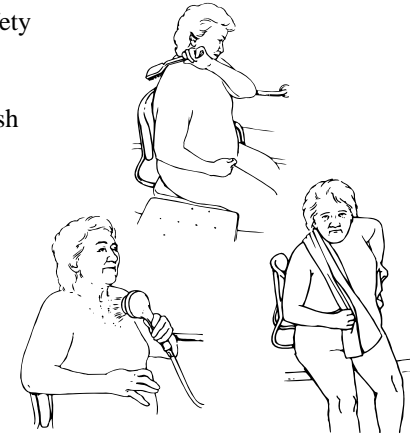
Sit if unable to keep balance.

HEMIPARETIS - 14
Bathing: Promoting Independence and Safety

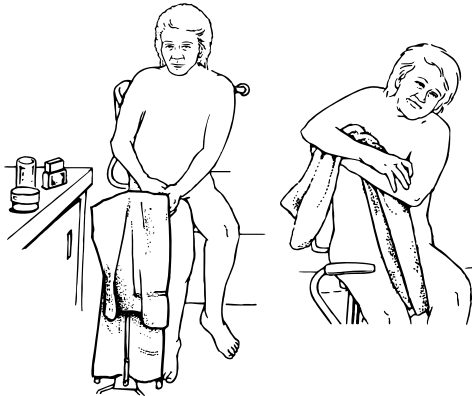
Use long-handled brush or sponge to soap hard-to-reach areas.

Hand-held shower directs water flow for rinsing off.

Sit on bench with legs out of tub to towel dry.




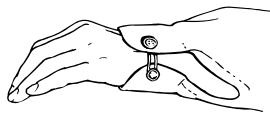


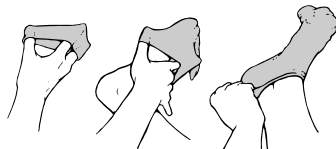
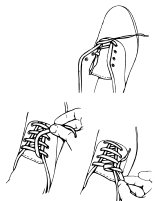



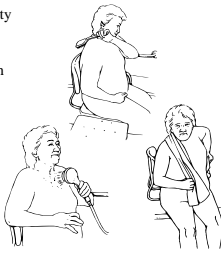
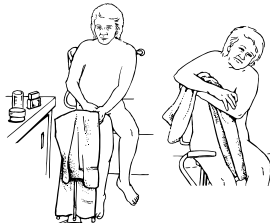
HEMIPARETIS - 16
Bathing / Hygiene: Set Up



Place items such as towel and deodorant within easy reach for use after bathing.

Routine For:
Created By:

OT - Adapted ADLs - Hemiparesis

<p>HEMIPARESIS - 1 Dressing: Front Opening Shirt</p>  <p>Lean forward to allow affected arm to drop into sleeve. Pull up to shoulder and around back. Put other arm into sleeve. To remove shirt, start with unaffected arm.</p>	<p>HEMIPARESIS- 2 Dressing: Buttoning Sleeves</p>  <p>To eliminate need to button and unbutton sleeve cuff: — Thread a spare button with elastic loop. Attach to sleeve button to form a cuff link. — As an alternative, sew sleeve buttons on using elastic thread. — Or make fit looser by sewing button closer to edge of cuff opening.</p>	<p>HEMIPARESIS - 3 Dressing: Putting on T-Shirt</p> <p>With shirt facing down, guide affected arm from bottom opening through sleeve. Pull shirt up to shoulder and put other arm through sleeve. Hold back of neck opening to pull up and over head. Pull shirt down over trunk.</p> 
<p>HEMIPARESIS - 4 Dressing: Removing T-Shirt</p>  <p>Bring front of neck opening loosely around chin. Reach for back of neck opening. Pull up and forward. Slide unaffected arm out of sleeve. Then slide sleeve off affected side.</p>	<p>HEMIPARESIS - 6 Dressing: One-Handed Sock Donning</p>  <p>Use socks which have light elastic. Prop foot on opposite leg, low stool or chair. Use fingers to spread sock open. Slide over all toes. Pull over heel and up.</p>	<p>HEMIPARESIS - 7 Dressing: Shoe Laces</p> <p>Lacing: Tie knot at one end of shoelace and place inside shoe. Use other end to lace shoe as shown. Tying: Pull on lace to bring end up and over final crossover. Make loop and tuck under final crossover. Make it tight by wiggling side to side while pulling gently. Also consider elastic laces or Velcro®.</p> 
<p>HEMIPARESIS - 9 Dressing: Leg Brace</p>  <p>Unfasten all straps, and place brace inside shoe. Step in until heel is down in place. Fasten all straps.</p>	<p>HEMIPARESIS - 12 Grooming: Hair</p> <p>Use affected arm, if able, to brush hair on side. Use other hand to assist with movements. When not using affected hand, place on firm surface to stimulate weight bearing. May sit if unable to maintain standing balance.</p> 	<p>HEMIPARESIS - 13 Grooming: Brushing Teeth</p> <p>When dominant side is affected, an electric toothbrush is helpful. If able, lean on affected arm while standing at sink. Sit if unable to keep balance.</p> 
<p>HEMIPARESIS - 14 Bathing: Promoting Independence and Safety</p> <p>Use long-handled brush or sponge to soap hard-to-reach areas. Hand-held shower directs water flow for rinsing off. Sit on bench with legs out of tub to towel dry.</p> 	<p>HEMIPARESIS - 16 Bathing / Hygiene: Set Up</p>  <p>Place items such as towel and deodorant within easy reach for use after bathing.</p>	

COMMENTS:
Patient Name/Number:
Clinician Name/Signature:
Date: