

## ❖ Undressing

### Analysis of Normal Movement in Undressing

Notice the normal movement (and sequence of movements) of the head, shoulders, trunk, and lower extremities in undressing. There will be a number of variations from person to person depending upon size, build, and type of clothing worn.

#### ⌘40 Pause and Practice

##### Self Experience

Note your own movements and sequences of movements. Note how different types of clothing and other environmental factors influence your movements.

#### Notes

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## ❖ Undressing with Assistance

### Starting Position

Begin with the patient sitting on a chair or in a wheelchair with the therapist on the involved side.

### Handling

When undressing, begin with the strong side. Getting undressed is easier to do and more automatic for the patient. The patient essentially reverses the order described in “dressing”.

### Doffing Shirt

Remove the sleeve of the strong arm first.

While removing the sleeve from the involved side, keep the trunk flexed forward and the shoulder down and forward. Allow the scapula to come into protraction in order to reduce flexion tone of the upper extremity.



