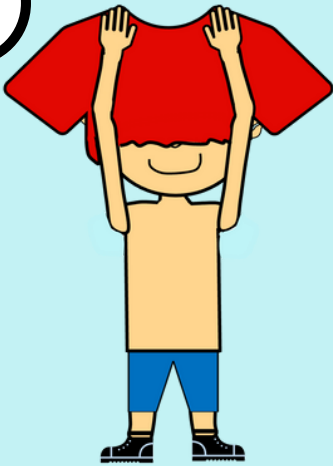


PUT ON SHIRT STEP BY STEP

Helpful Tips

- Wear a short sleeve shirt. Transition to long sleeve shirt as it gets easier.
- Use your dominant hand

1



Place head hole on head

2



Pull shirt **down**

3



Put one arm into an arm hole

4



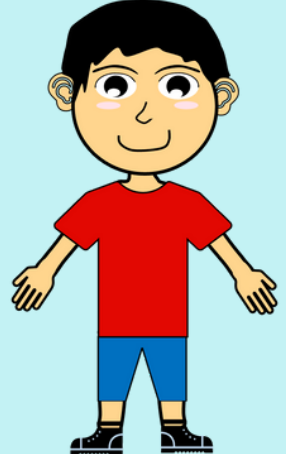
Put one arm into an arm hole

5



Pull shirt **down**

6



Yay! You did it!