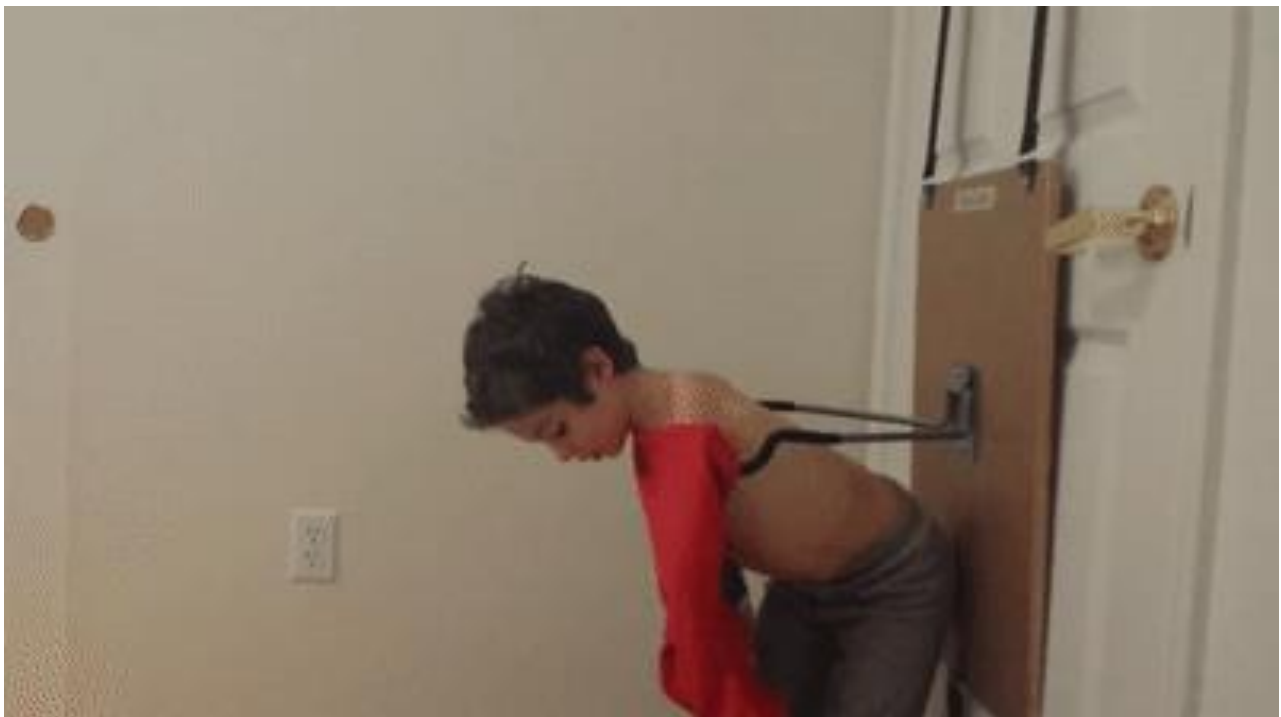


## Home built device to assist with self dressing

Position the height of the hooks at mid back level.

To put a shirt on or remove it, use the hooks to support your shirt then work your body using your legs and bending forward to wiggle the clothing on or off.

To watch this sequence in action search UTUBE video arthrogryposis /dressing tree



### Materials

1 Blue Hawk Bike Hanger,

1 – 4 pack spring loaded green 1 inch tie down winching straps

1 Blue Hawk Steel Peg Board

5 Bolts for mounting to door (drill through) flat washer opposite side or 5 lag screws for wall mounting into studs (see Peg Board for hole sizes). May need a metal strap to hold down hinge.