



## Barnsley Children's Therapy Services

### Technique on how to fasten your bra

**Name:**

**NHS Number:**

- Place your bra underneath your chest with the fastening to the front.  
(Bra straps hanging down)
- Fasten the hooks of your bra at the front.
- Twist the fastening of your bra to the centre of your back.
- Place your arms in each strap.
- Slide the straps up and over your shoulders.
- Adjust the cups of the bra as required to make your bra feel comfortable.

**Contact Children's Therapy if further advice or information is required: 01226 644396**