



Barnsley Children's Therapy Services

Technique on how to unfasten your bra

Name:

NHS Number:

- Slide the straps of the bra down off of your shoulders/arms.
- Take your arms out of each strap.
- Twist your bra round to the front, so that the fastening is at your front.
- Unfasten the hooks and remove your bra.

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