

## CLOTHES FOR INDEPENDENT LIVING

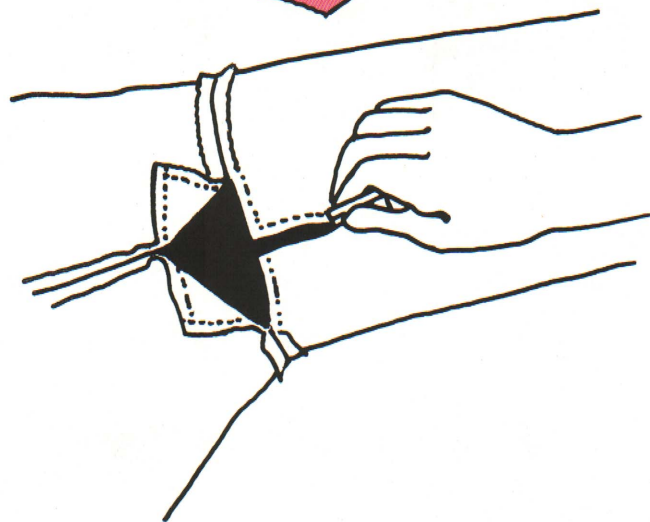
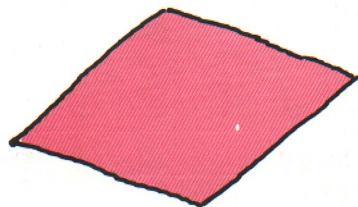
# Clothing Comfort

## WHEN USING CRUTCHES

### Underarm Gusset

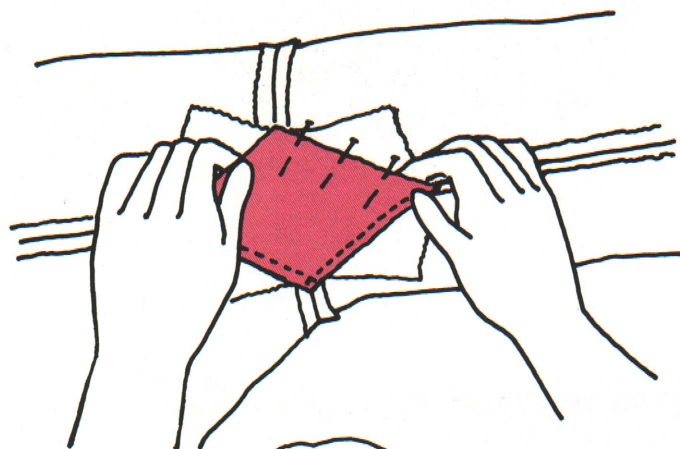
A piece of fabric set in at the underarm (a gusset) gives extra room so that clothes don't bind, tear or hike up at the sides when using crutches. Use matching or near matching fabric. A fabric piece can be cut from the tails of "tuck-in" shirts.

- 1 Cut a diamond-shaped piece of soft knit or woven fabric which is about 4" x 6", depending on the size of the garment.



- 2 Open up underarm and sleeve seams for 2 1/4 inches to 2 1/2 inches.
- 3 Turn back the corners of underarm opening.

- 4 With right sides of the fabrics together, pin and sew the diamond-shaped piece into the underarm area of the garment.

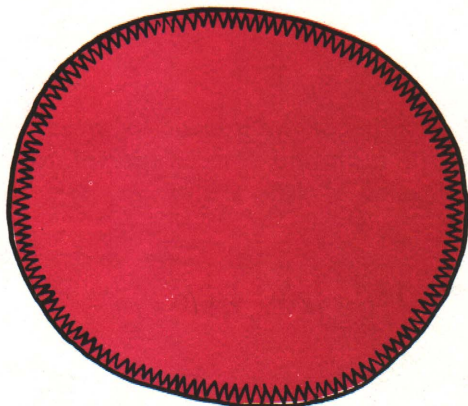




## **Underarm Protection**

To prevent skin irritation from the rubbing of crutches, line inside the underarm with a soft, absorbent fabric shield. Use a velour, soft stretch terrycloth or several layers of cotton flannel.

- 1** Cut out a round or oval-shaped piece of the shield fabric. Cut on the bias if it's a woven fabric.
- 2** Finish off the edge(s) of the oval fabric piece.



- 3** Set it into the underarm area of the garment.
- 4** Attach it to the armhole and underarm seams with firm but flexible stitches that "give" when strain is placed on the garment.



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