I have personally heard men bemoan the difficulties they have in removing their partner’s bra. The key is practice, as any bra-wearing woman could tell you. The purpose of this paper is to provide step by step instructions for the operation of a soft cup back-closure bra. I will discuss the cycle of wearing a bra, which includes putting it on, adjusting it and taking it off.

**Instructions for Operation**

**NOTE**

Steps are best executed when the upper torso is bereft of any clothing

**Steps for Putting a Bra On (Hook and Spin Method) [1]**

**WARNING**

Putting on the incorrect size of bra can lead to upper torso pain [2][3].

**Step 1 Fasten around torso:**

1. Position the bra so that it is right-side out

2. Place against upper torso, below breast level

3. Wrap bra around torso, so the hooks and eyes are at the front of the body

4. Pull eyes and hooks close together until bra feels snug

5. Clip hooks into nearest row of eyes to maintain snug feel

**Step 2 Position the bra:**

1. Spin bra around until the eyes and hooks that are clipped together are sitting over the spine

2. Pull bra up so the band is sitting just below the bottom of the breasts

3. Put arms into respective shoulder straps

4. Pull shoulder straps up onto shoulders

5. If they did not go into the cups during step 4, place each breast inside its respective cup

**Steps for Adjusting a Bra**

**WARNING**

Wearing an improperly adjusted bra can lead to upper torso pain [2][3].

**Step 1 Adjust placement [1]:**

1. Bend forward slightly

2. Lift breasts slightly to make sure they are centered in the cups

3. Stand up straight

4. Readjust band so that it is sitting just below the bottoms of the breasts

5. Pull down sides and back of bra to a comfortable position. The back of bras should sit at the bottom of the shoulder blades

6. Feel for tag and adjust so it is lying flate

7. If the bra is too loose, move hooks to a row of eyes that is further in. If there is no further in row, then a smaller bra size is required.

8. If the bra is too tight, move hooks to a row of eyes that is further out. If there is no further out row, then either a larger bra size or an extender is required.

**Step 2 Adjust straps [4]:**

1. Place straps just inside of the shoulder joint

2. Use the strap adjuster slide/clip to tighten or loosen each strap so it sits snugly on the shoulder, without digging in to the skin

3. Pull the straps up to test the elasticity; if the straps reach your ear they have lost their elasticity and should be replaced

**Steps for Taking a Bra Off**

**Step 1 Undo bra:**

1. Place one hand near the hooks and the other hand near the eyes

2. Pull the fabric of the bra towards the center of the spine to relieve tension at the hook & eye clips

3. Unclip hooks from eyes

**Step 2 Remove bra:**

4. Remove straps from shoulders

5. Pull bra off

6. Enjoy!

**Conclusion**

In conclusion, the individual steps to operating a back-closer bra are simple. However, some steps are challenging to master and require practice to execute quickly. Several factors, including an improperly sized or improperly adjusted bra can lead to upper torso pain [1][2]. Overall, each part of the cycle of bra use contains several steps that are required for proper operation.

**References**

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