

Lower Body Dressing

Difficulties in Lower Body Dressing

Several conditions can result in reduced balance, increased risk of falls, frustration, and dependence on others to help you wear your pants, sarongs, skirts and underwear.

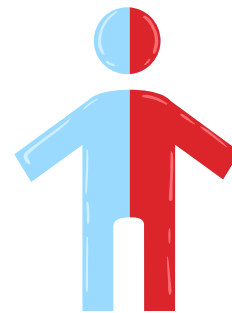
Some symptoms you may experience that may lead to lower body dressing difficulties include:



Pain



Dizziness and
balance issues



General or one-sided
weakness

Safety Tips for Lower Body Dressing



Sit on a stable chair
placed against the wall



Stand with a grab bar or
a stable furniture



Lower Body Dressing Advice

For ease and safety when putting on pants, follow to these tips:

Threading legs and removing

When putting on your pants, thread your weaker or painful leg first.

When taking off your pants, remove your stronger or painful leg first.



Threading legs and removing

Only stand to pull your pants up and down over your hips, use a stable surface to support yourself whenever you stand.

Alternately lift or shift buttock up to pull pants past hips.



Fastening & Unfastening

Always be seated to fasten or unfasten your pants



Quick Tips

For caregivers: Encourage active participation throughout and only assist whenever required

Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



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