



# Getting Dressed: Your Lower Body

*Making it easier*

**Sometimes it is harder to dress and undress after you are injured or have surgery. This handout gives tips to help you dress your lower body.**

## **Helpful Tips**

- Choose clothes that fit loosely.
- Gather and place within easy reach:
  - All the clothes you want to wear, including socks and shoes
  - Your adaptive equipment
  - Your walking device
- Make sure your socks and shoes are on and the waist of your pants is above your knees before you stand up to pull up your pants.

## **Pants, Skirt, or Underpants**

### *Steps for Putting Them On*

- Lay out your clothes so that they are easy to reach.
- While you are sitting, use the reacher to grab the waist of your skirt, pants, or underwear.
- Use the reacher to lower the clothing item to the floor. Put your weaker leg in first. Then, put your stronger leg in.
- Use the reacher to pull your clothes up over your knees.
- Use your walker or walking device to help you stand up.
- Grab the waist of your clothes with 1 hand.
- Put down your reacher when you can reach your clothes with your hands.
- Pull your clothes up over your hips.
- If needed, you can sit down to zip or button your pants or skirt.

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## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

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206-598-4830

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### *Steps for Taking Them Off*

- Unbutton or unzip your pants or skirt while you are sitting down.
- Use your walker or walking device to help you stand up. Pull your clothes down over your hips.
- Sit down. Use the reacher, if needed, to lower your clothes down over your legs to the floor.
- Slip your weaker leg out first. Then, slip your stronger leg out to remove the clothes all the way.

### **Socks and Shoes**

#### *Steps for Putting On and Taking Off Your Socks*

- Put your sock on the sock aid. Make sure the bottom of the sock is at the back of the sock aid.
- Hold the strap(s) of the sock aid with both hands and lower the sock aid to the floor.
- Keep holding onto the strap(s) and slip your foot into the sock aid. Pull on the strap(s) until the sock aid comes out of the sock.
- *To remove your sock:* Use your reacher or dressing stick to push the sock at the back of your heel and then over the rest of your foot.

#### *Steps for Putting On and Taking Off Your Shoes*

- With your reacher, hold onto the tongue of your shoe. Lower the shoe to the floor.
- Slide your foot into the shoe. You may need to use a long-handled shoehorn to help your foot slide past the heel of the shoe.
- *To remove your shoe:* Use your reacher or dressing stick to push down on the heel of the shoe as you slide your foot out.

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Published: 05/2006, 11/2011  
Clinician Review: 11/2011

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