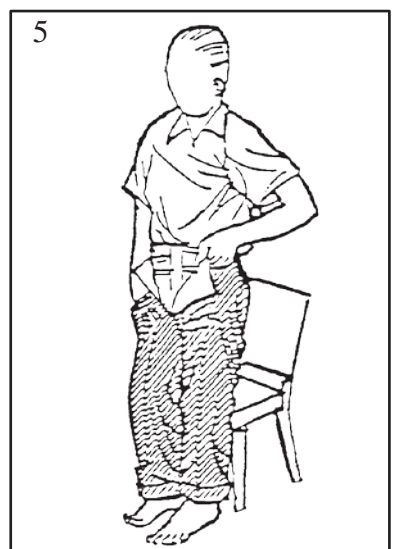


## Donning Pants

If you have weakness or balance problems you should sit while putting on pants. The chair or bed should be low enough so that your feet can be placed firmly on the floor.

1. Place strong leg directly in front of body with foot flat on floor. Cross weak leg over strong leg.
2. Slip pant leg over weaker foot and up to knee. Uncross leg.
3. Put strong leg in pant leg up as far as possible.
4. If unable to stand, pull pants up over hips by leaning to one side and pulling pants up and under opposite hip. Lean to other side and repeat process.
5. If able to stand to pull up pants and close fastener, be sure to have walker or other devices available if needed.
6. To remove pants, unfasten pants and work down over hips while sitting. Stand to let pants drop below hips. Sit and remove strong leg from pants. Cross weak leg over strong leg and remove pants.



Source: American Heart Association