

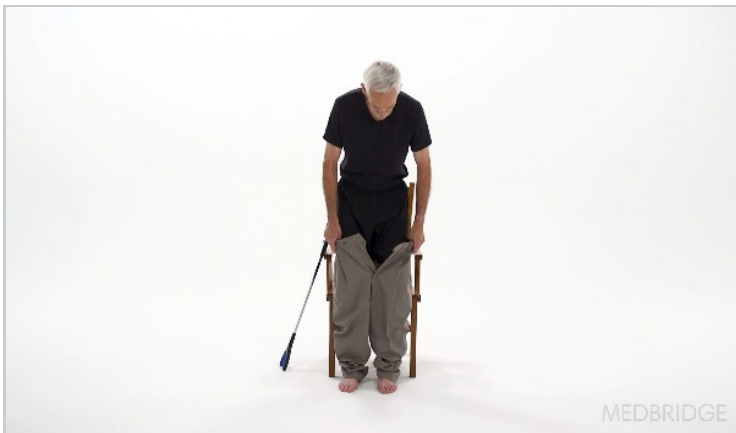
Putting On and Taking Off Pants Using a Reacher



Putting On | Step 1: Use the reacher to lower the pants to your feet and slide the pants over your leg until you can see your foot. Repeat on the other side.



Putting On | Step 2: Then stand up, holding onto the pants, and pull the pants over your hips.



Taking Off | Step 1: Stand up and slide your pants down past your hips.



Taking Off | Step 2: Sit down, then use the reacher to push the pants down and pull the pants off one leg at a time.

Begin sitting on the edge of your bed or in a chair. You should have your pants and your reacher nearby. If you have a weak or injured side, you'll dress that side first and undress that side last. Position your pants in front of you facing up. Use the reacher to grasp the waistband of the pants on your weak or injured side (if you have one), and lower the pants to your feet. Slide the pants over your leg and pull the pants up until you can see your foot. Grab the pants with your hand, then use the reacher to grasp the other side of the waistband and lower the pants down again so you can slide your other leg into the pants. Pull the pants up until you can see your foot. Make sure the pants

are pulled up over both feet before standing up. As you stand, hold on to your pants with one hand so they don't fall down. Then pull your pants over your hips. Button and zip the pants as needed. To take off the pants, begin standing in front of your bed or a chair with your reacher nearby. Unbutton and unzip the pants as needed, then slide your pants down past your hips toward your knees. Sit down, then slide the pants down as far as you can. Use the reacher to push the pants down the rest of the way. Grab the bottom of the pant leg and pull the pants off one leg at a time, starting with your stronger leg. Use the reacher to pick your pants up off the floor.