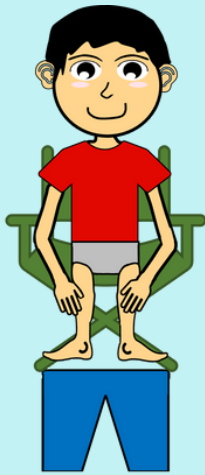


PUT ON SHORTS OR PANTS STEP BY STEP

Helpful Tips

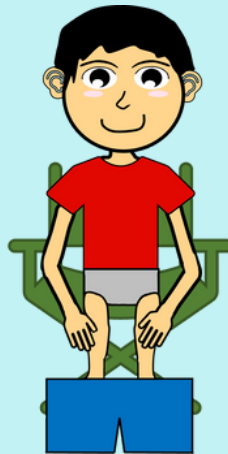
- Begin by wearing elastic waisted shorts. Transition to pants as it becomes easier.
- Have a chair ready

1



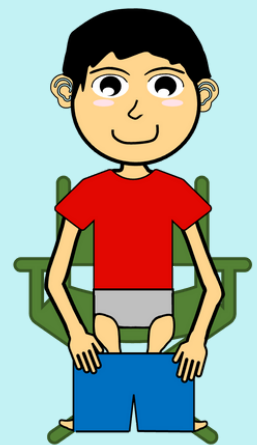
Begin by **sitting**

2



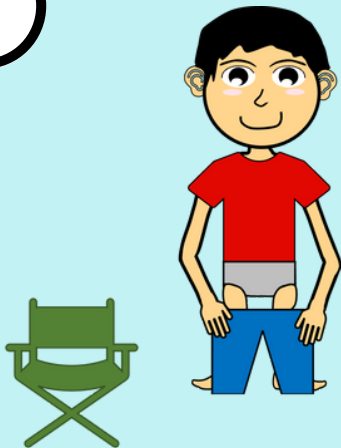
Place feet into foot holes

3



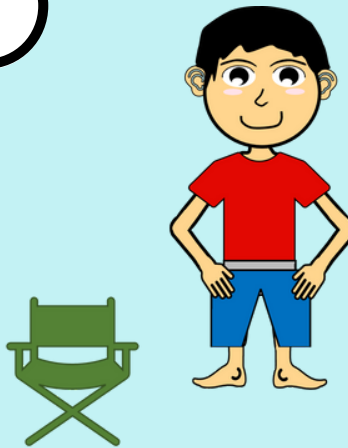
- Place hands on the sides of the shorts with **thumbs** on the inside
- Pull shorts **up** to upper thighs

4



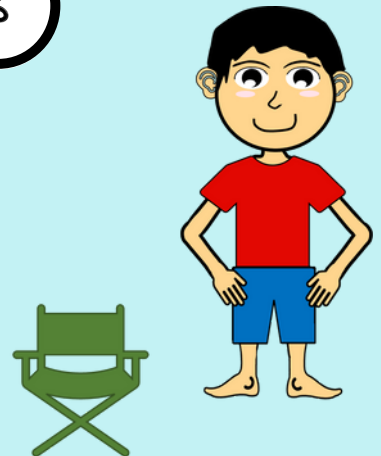
Stand up

5



Pull **up** the shorts with **thumbs** on the inside

6



Yay! You did it!