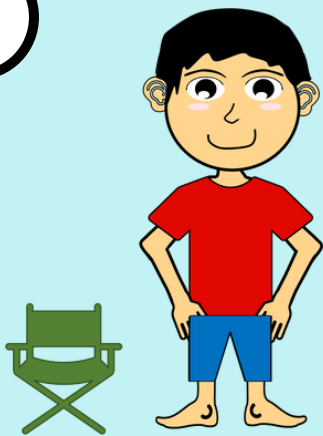


TAKE OFF SHORTS OR PANTS STEP BY STEP

Helpful Tips

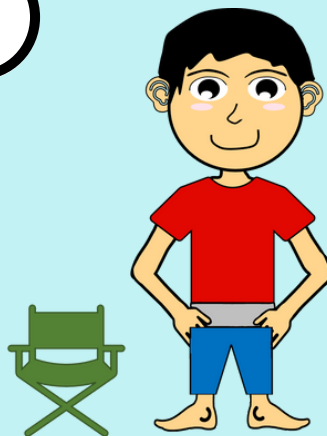
- Wear elastic waisted shorts. Transition to pants as it becomes easier.
- Have a chair ready

1



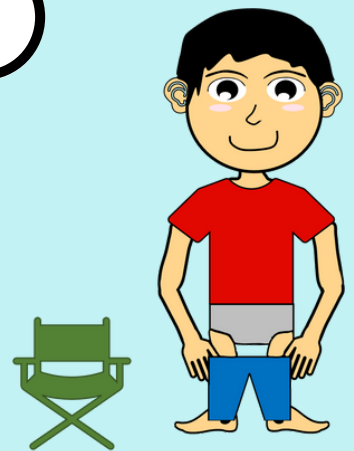
- Begin by **standing**
- Place hands on the side of shorts with **thumb** on the **inside** of the shorts

2



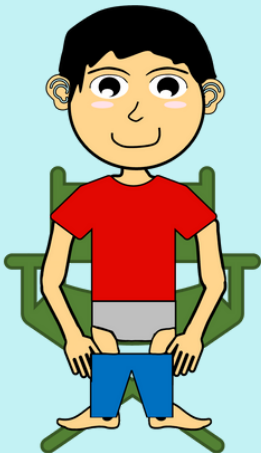
Pull **down**

3



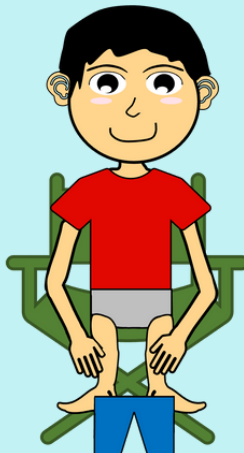
Stop when the shorts have cleared the bum

4



Sit

5



Push shorts all the way **down** and remove feet

6



Yay! You did it!