

Tool 18 How-to Put-on Pants, Socks & Shoes with Back Pain

The goal is to get your pants, shoes, and socks on without putting your back in the C-position or a painful position.

- Put on your pants in bed. In bed, lie on your back and flex one leg toward you. Slip one pant leg in and repeat with the other.



- Put your pants on in the chair. If you have a very good hip range of motion you may be able to place the right ankle on the left opposite thigh and slip the right leg into the pant leg. Repeat with the left ankle on the right opposite thigh and slip the left leg into the remaining pant leg. All this must be done with the back held straight.



- Put pants on using a “reacher” or “grabber”.



Putting on shoes

The shoes can also be put on in bed. In bed, lie on your back and flex one leg toward you. Rotate your hip and bring the foot closer to you.



Slip-on the shoe and tie it. Repeat with the remaining leg.

Use slip-on shoes or ZEBAs.



Use elastic shoelaces and a long-handled shoehorn.



(Elastic Shoelaces)



(Long Shoe Horn)

Get help from a friend or partner.