Putting on Pants with One Hand

If you have weakness on one side of your body because of an injury or stroke, you can follow these steps to put pants on using your one strong arm.

Putting pants on

1. Sit on a firm chair or side of the bed. If you are in a wheelchair, have the foot rests up and your feet on the floor. Be sure the chair is locked.

2. Use your strong hand and grab hold of the ankle of your weak leg and cross it over your strong leg.

3. Pull your pants around your foot then onto the weak leg up to your knee. Do not pull them above the knee.
4. Use your strong hand on your weak leg and uncross your leg. Be sure to hold onto the weak leg when lowering it to the floor and make sure your pants remain on your weak leg.

5. Put your strong leg into the other leg of the pants.

6. Stay seated and pull your pants up above your knees.

7. Use your strong hand and lift your weak hand to place it in the pocket of the pants. This will keep your pants from falling down when you stand up.

8. Stand up and pull your pants up over your hips.
9. If you are not able to stand on your own, you will need a caregiver to help you up.

10. If you have good balance, button and zip your pants while standing. If you have poor balance, sit back down on the chair and button and zip your pants.

Taking pants off

1. Sit on a firm chair or side of the bed. If you are in a wheelchair, have the foot rests up and your feet on the floor. Be sure the chair is locked.
2. Unbutton and unzip your pants.
3. Work your pants down over your hips as much as you can.
4. Stand up or stand up with help and let your pants drop past your hips.
5. Sit back down.
6. Cross your weak leg over your strong leg.
7. Remove the pant leg from your weak leg.
8. Uncross your legs and take the pants off your other leg.