



Shower Stall Transfer

University of Pittsburgh Medical Center

Information for Patients

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This sheet will tell you how to safely get in and out of a shower stall. You may not be able to stand to take a shower. There may be limits on the amount of weight you can place on your affected leg. You will need to have a special chair in the shower stall.

Before you shower

Be sure you have everything you will need — soap, sponge, and towel — within reach.

Getting into a shower stall

1. Use your walker, cane, or crutches for support. Walk up to the edge of the shower stall, then turn so your back is to the stall. **Do not** step into the shower stall.
2. Reach back with one hand for the shower chair back or seat. Leave your other hand on the walker, cane, or crutches. (See picture to the right.)
3. Lower yourself onto the shower chair.
4. Lift your legs over the edge of the shower stall. Turn to sit facing the shower controls.
5. Shower and dry off while seated.

Getting out of the shower

1. While seated, turn facing the opening of the shower stall.
2. Using your walker, cane, or crutches for support, stand and step out of the shower stall.

Safety tips

- Use a long-handled sponge and a hand-held shower hose with on-off controls.
- **Do not** stand in the shower stall while showering. You could slip and fall.

Note: Your therapist may show you different ways to get in and out of the shower stall depending on your situation. Follow the instructions you are given.

