

# Step-by-Step: Getting into a Shower Stall with a Walker

Getting into a Shower Stall with a Walker. Fold your walker in front of you. Face away from the shower with a shower chair placed directly behind you inside the stall. Step one foot backward until your leg touches the edge of the chair.

Place the hand on the same side as the foot that stepped back onto the chair for balance. Place your other hand on the other side of the chair. Begin to sit back.

Fully sit back into the chair. Place your walker off to the side. Turn your body so you are facing the shower head and controller.

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