



Shower Stall Transfer

University of Pittsburgh Medical Center
Information for Patients

The University of Pittsburgh Medical Center is an equal opportunity employer. Policy prohibits discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, disability, or veteran status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.

This information is not intended to be used as a substitute for professional medical advice, diagnosis, or treatment. You should not rely entirely on this information for your health care needs. Ask your own doctor or health care provider any specific medical questions that you have.



UPMC

University of Pittsburgh Medical Center

Pittsburgh, PA, USA
www.upmc.com

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.

