

XXIII. How to Put on Socks & Shoes with Back Pain or Sciatica

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

Putting on pants

Put your pants on 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 a chair. If you have 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 of this must be done with your back held straight.

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

Putting on shoes

Your 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 Zeba shoes (a hands-free shoe brand).

Use elastic shoelaces and a long-handled shoehorn to slide your shoes on.

Get help from your friend or partner.