

## Greater Baltimore Center for Rehabilitation Medicine Acute Care Physical & Occupational Therapy **How to use a tub seat**



Back up to the tub seat until you can feel it against your legs.



Reach back for the tub seat and lower yourself onto the seat. Scoot back as far as you can.



Turn your body toward the tub lifting your legs over the tub wall. Scoot further onto the seat as you go.



Reverse the steps to get back out of the tub.

Scan QR Code for a video demonstration

