

**Question:** What are the benefits of shower chairs?

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Answer:

- **Moveable** – You can move shower chairs to different positions and take them out of your walk-in shower to use in another area of your bathroom.
- **Back support** – If sitting upright on a stool is too difficult, a chair will ease the strain on your spine.
- **Provides stability** – A shower chair supports your posture and balance, so you don't need to worry about falling.
- **Helps reduce pain from mobility restrictions** – Standing to shower or maintaining your posture on a stool may cause pain. However, a shower chair gives you the independence to sit in comfort.
- **Armrest support** – The armrests on shower chairs are helpful to lean on when lowering or lifting yourself from the chair.

