

MSU Extension Publication Archive

Archive copy of publication, do not use for current recommendations. Up-to-date information about many topics can be obtained from your local Extension office.

Clothing for Independent Living – Comfort for Wheelchair Travel
Michigan State University Extension Service
Bernetta Kahabka, Human Environment and Design
Issued August 1981
2 pages

The PDF file was provided courtesy of the Michigan State University Library

Scroll down to view the publication.

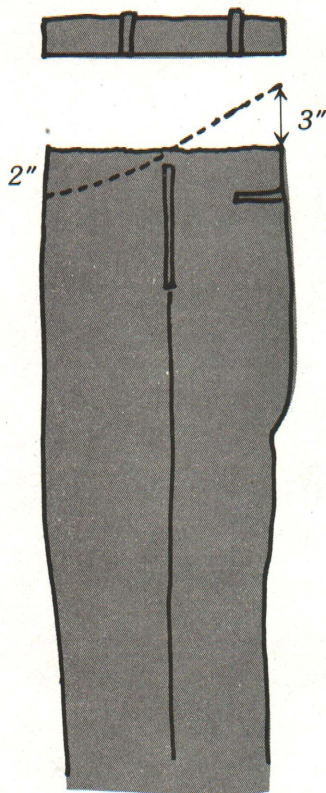
CLOTHES FOR INDEPENDENT LIVING

Comfort for Wheelchair Travel

Slacks

Most clothes are designed for the standing figure. Sitting shortens the front torso and lengthens the back. People who sit quite continuously can have a more comfortable fit by shortening regular slacks in the front and adding fabric in the back.

- 1 Remove the waistband and belt loops.
- 2 Cut off about 2 inches at the center front at the zipper area, and taper up to the original side seams of the slacks.



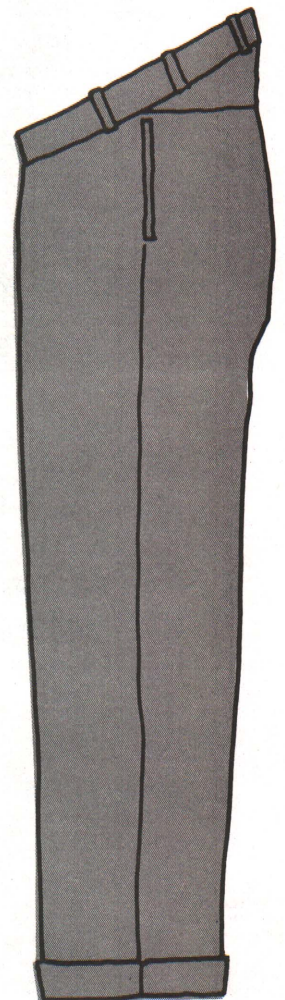
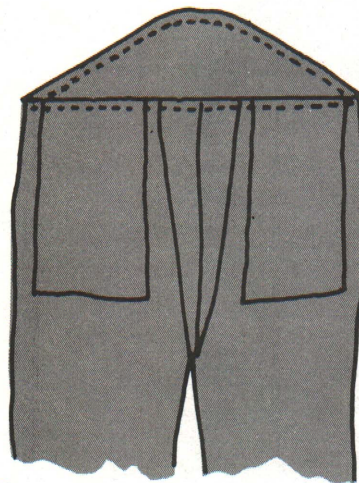
- 4 Sew the base of the triangle fabric section to the back waistline of the slacks.



- 3 Using a matching or near matching medium weight knit fabric, cut out a triangular section which is 3 inches deep at the center, the width of the back, and tapers to the slack side seams. Add $\frac{3}{8}$ inch for seams.

Slacks and skirts can also be made more comfortable around the waist by removing the waistband, setting in a V-shaped fabric section at the center back, and then replacing the waistband.

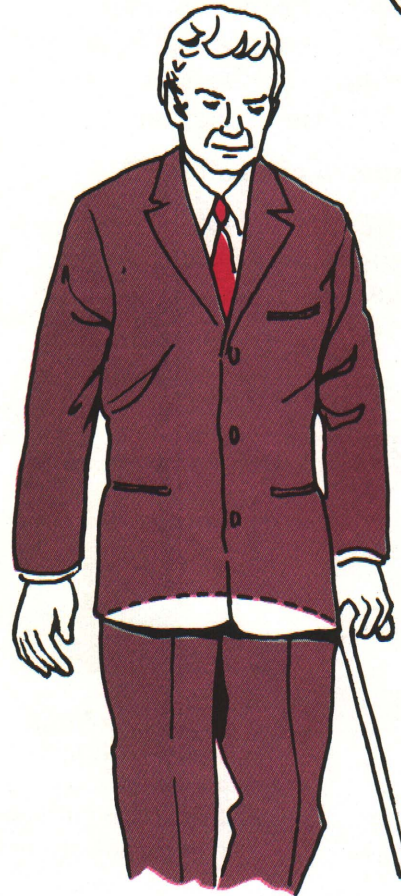
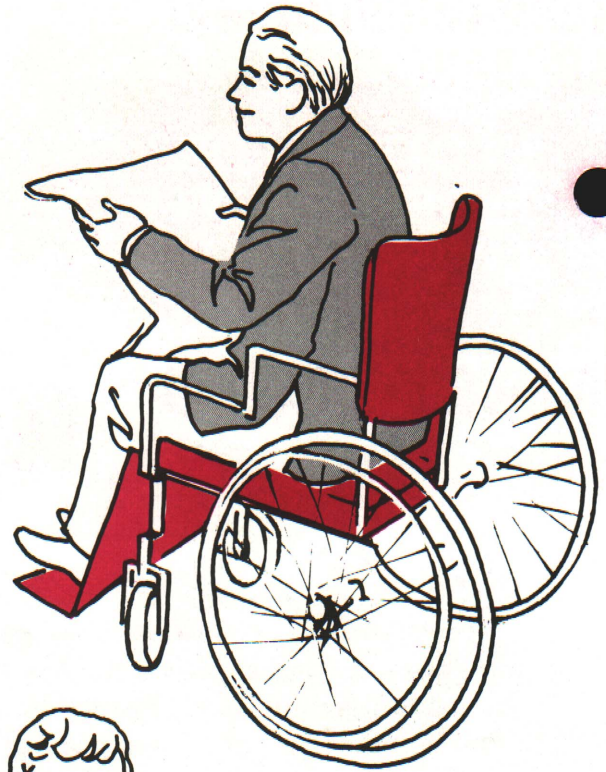
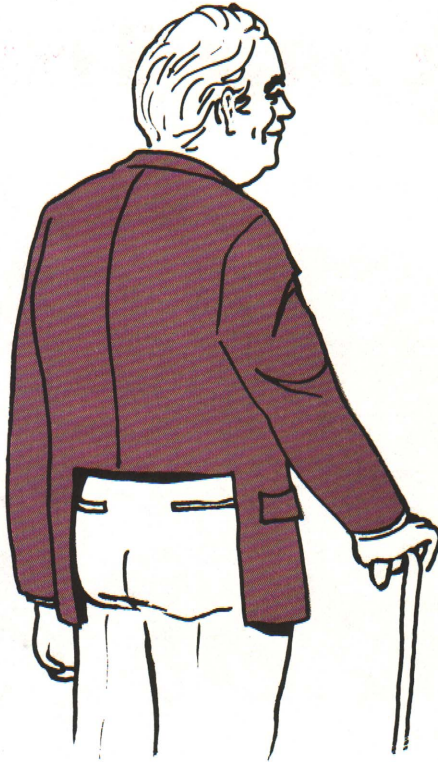
- 5 Stitch the waistband and belt loops back on. (This alteration can also be done to skirts.)



Jackets and Coats

Excess fabric can be uncomfortable to sit on, especially for long periods of time.

- Lengthen the side vent of jackets or open up the side seams from the bottom of the jackets to hip bone level. This will help to prevent “bunching up” of fabric when sitting.



- Shorten the backs of jackets and coats to the back length of the person when seated. The back of the coat need only reach to the seat of the chair.
- Shorten jackets in front to eliminate excess fabric.
- Shoulder action pleats can also be put into jackets and coats for freer movement.
- Collarless styles are often more comfortable and don't “ride up.”

**BERNETTA KAHABKA, Specialist, Cooperative Extension Service
Department of Human Environment and Design, Michigan State University**



MSU is an Affirmative Action/Equal Opportunity Institution. Cooperative Extension Service programs are open to all without regard to race, color, national origin, or sex.

Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Gordon E. Guyer, Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by the Cooperative Extension Service or bias against those not mentioned. This bulletin becomes public property upon publication and may be reprinted verbatim as a separate or within another publication with credit to MSU. Reprinting cannot be used to endorse or advertise a commercial product or company.

O-13115

2P-1M-8: 81-UP. Price 25 cents. Single copy free to Michigan residents.