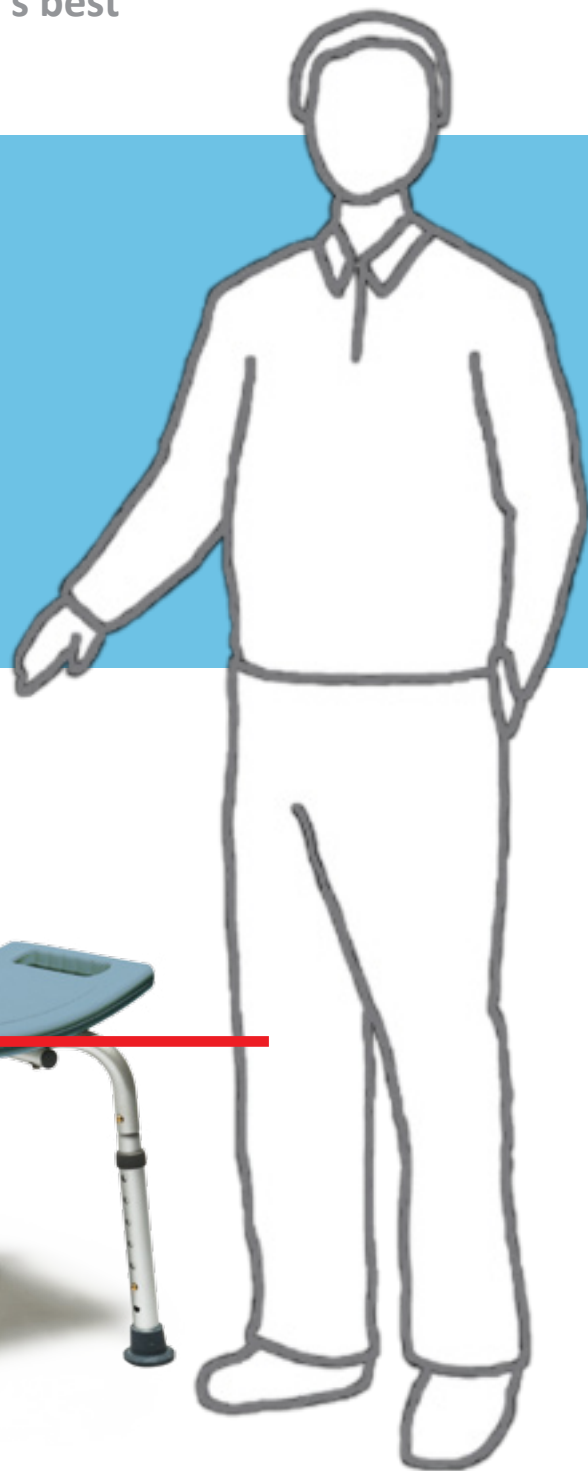


# 3 STEPS TO FIND THE PROPER BATH SEAT HEIGHT

Bath seat height is the most important adjustment you can make. A bath seat that is too low can cause lower-back pain, but one that is too high can cause instability. Having a bath seat properly adjusted to support the body's best posture provides comfort and stability.

- 1 Stand in front of the bath seat
- 2 Adjust the legs so that the top of the seat is at a spot just below your kneecap
- 3 Adjust for comfort

To learn more about adjusting the bath seat legs, [click here](#).



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