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Can I Get Disability Benefits if I Have Problems With Sitting?

When you have an impairment that makes it difficult for you to sit for a short or prolonged period of time, you won't be able to perform a wide range of sedentary jobs. Even though the Social Security Administration doesn't automatically identify difficulties with sitting as a disabling condition, you may still be approved for disability benefits if you can prove it is a severe functional limitation that will prevent you from working for at least twelve months.



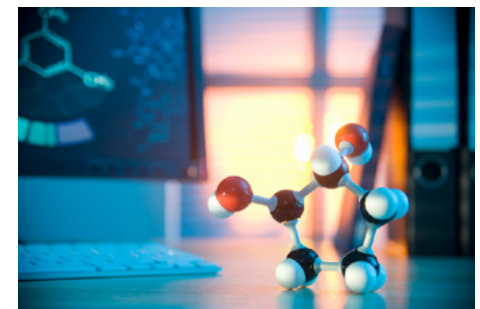
During a disability hearing, you can let the judge know:

1. How long you are able to sit
2. The type of pain you feel while you are sitting
3. The different ways the medical problems impact the ability to work and perform daily routine activities.

You will need to present a strong case with medical records and credible testimony that support your claim in order to get approved for disability benefits.

Can I Receive Disability Benefits for Obesity?

Obesity is an accumulation of excess fat that can lead to complications such as high blood pressure, heart disease, type 2 diabetes, and death. The Social Security Administration (SSA) acknowledges that obesity is a serious chronic condition, but it isn't included on the List of Impairments because many people with obesity are able to work. In order to qualify for Social Security disability benefits, the person's obesity must contribute to disabling conditions included on the SSA's List of Impairments or cause severe functional limitations.



While applying for disability benefits, you should list obesity and all of the other impairments that prevent you from working. The medical records need to state the severity of the impairments, the symptoms, how the condition impedes your ability to work, and the treatment plan. If the SSA decides the requirements for a disability claim are fulfilled, the request for benefits will be approved.

Should I Bring a Lay Witness to My Disability Hearing?

You can choose to have lay witnesses such as family members, friends, neighbors, co-workers, and supervisors testify at your hearing. Statements made by lay witnesses about the medical impairment and how it affects your ability to perform basic tasks can strengthen your disability case.



Lay witnesses are important because they provide details regarding your limitations that may not have been included in the medical documents. For example:

1. A co-worker or employer can describe your past work experiences and explain whether you are still able to successfully perform work-related duties.
2. Family and friends can discuss the physical, psychological, and social consequences of your medical condition, as well as offer information regarding your daily routine and describe how you are responding to the medical treatment.

Such testimonials provide pertinent information that will be taken into consideration while evaluating your disability case.

Your case is important to us. If we can't help you, we'll do our best to refer you to someone who can.

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