Selecting and Installing Grab Bars
A wood “bead board” wainscot can be an attractive and functional bathroom wall finish. In order to nail the vertical boards, extensive wall blocking must be installed. This system provides flexibility in where you locate accessories like grab bars, towel rods, and toilet paper holders. Because the wood finish is repaired more easily than drywall or ceramic tile, you can use a “trial-and-error” approach to mounting locations. The shelf ledge provides convenient storage for small items. The wainscot allows new blocking to be retrofitted over existing drywall.

This detail shows a technique to retrofit blocking to an existing wall. Horizontal blocking is applied over the existing finish and then covered with wainscoting. The system is capped with a narrow wood shelf.