

## Molded Sock Aid with One Handle

## Assists in putting socks on with less bending over.

Ideal for one-handed use.

 Designed for people who have difficulty reaching their feet to put socks or stockings on.

 Helpful for people who have pain, limited motion or weakness in their hips, legs or back.

 Ideal for conditions such as arthritis, stroke or following total hip replacement surgery.

Soft foam handle for a comfortable grip.

 Foam disc on the underside of the trough prevents the sock from sliding off before it is completely on the foot.

 Firm design holds its shape, keeping sock open for easier application.

- The 33" (84cm) cord handle can be cut to adjust the length.
- Good hand strength is required to flex the plastic sock aid trough.
- Hand washable.



NOTE: This product is recommended for people who have some degree of strength in their legs.





## Molded Sock Aid with One Handle NC26600

## Instructions For Use - One Hand

For best results, handle should reach approx. knee height. If cord is too long, cut cord and retie the knots at the base of the Molded Sock Aid.



 Place the sock aid between both thighs (or between thigh and side of chair) to hold it in place. The end of the trough without cords should point upward. Slide the sock over the trough and work it down until the entire sock is gathered. The sock heel should be on the foam disc side of the trough to hold it in place.



Hold onto the cord and drop the sock aid to the floor. Pull upward on the cord handle to position the trough correctly near the foot.



Slip foot into the trough. If possible, lift the heel and wiggle the toes to help the foot slide in. Use the cord to pull the sock aid upward until toes reach the sock end.



Continue pulling upward on the cord until the sock is completely on and the sock aid slides out of the sock.