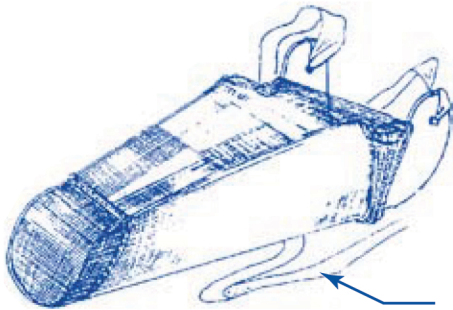




PARSONS

ADL



Check heel is underneath and not twisted to one side.



INSTRUCTIONS:

1. Gather stocking to the toe with your thumbs inside.
2. Pull stocking onto plastic blade.
3. The stocking must be pulled on tightly to the toe checking that the heel is underneath and not twisted to one side.
4. Sitting securely on your bed or chair, lower the stocking aid to the floor while holding the straps in your hands.
5. Slide your foot into the plastic blade and wiggle your foot into the toe of the stocking.
6. At this point lift heel off the floor, straighten leg and point toes. Pull straps alternately with a quick wiggling action and stocking will be pulled up the leg until you can reach it.