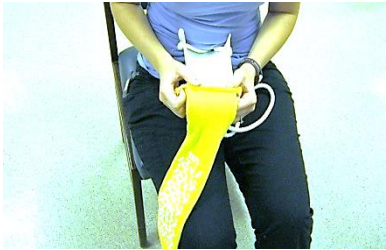




## Putting Socks on with Sock Aid



1. Pull sock on to the sock aid with top of sock facing you. Pull until toe of sock is tight against sock aid. Do not pull sock beyond knots on the side.



2. Use the ropes to lower sock aid to the floor in front of foot on operated leg. Put your foot into sock.



3. Point your toes down towards the ground and pull up on the rope. The sock aid will be moving out of sock.



4. Pull until sock aid is all the way pulled out of sock.

## Putting Pants or Underwear on with a Reacher



1. Keep your legs in front of you. Do not put your legs to the side.
2. Put the end of the reacher on the waist band of pants or underwear. Squeeze the reacher so it stays on the waist band of pants or underwear.
3. Drop pants or underwear down to floor in front of the operated leg.
4. Put clothes on your operated leg first and then on the good leg.
5. Use the reacher to pull up the pants or underwear to your knees until you can reach them without any pain. It is easiest if you do not have socks on.
6. Stand to pull pants up to your waist.

## Taking Socks Off with Reacher



1. Slide the hook part of reacher into the sock on the inside part of your ankle.

2. Slip the sock off your heel first.

3. Pinch your sock at your toes and pull sock off of your foot.

## Using Long Handle Shoe Horn



1. Slide shoe horn into heel of shoe.

2. Bring shoe close to foot.

3. Put foot into shoes with heel sliding on shoehorn.