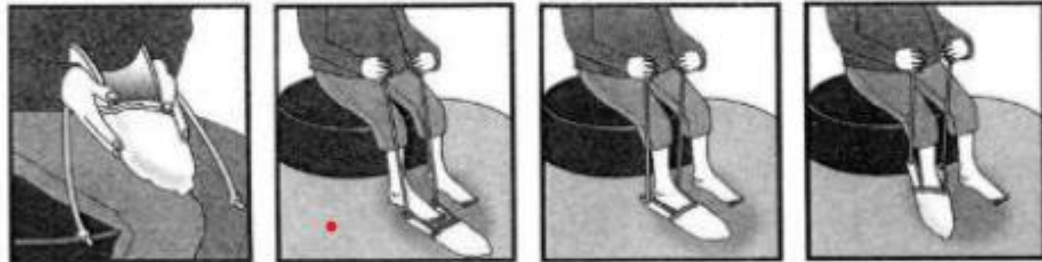


Sock On - How to Use Instructions

1. Sit in a comfortable chair with feet flat on the floor. Point the end of the "Sock On" Aid without ropes away from you and hold the "Sock On" Aid between your knees. Pull sock/stocking over the end of the "Sock On" Aid without the ropes
2. Place "Sock On" Aid in front of your foot on the floor
3. Insert toes into sock/stocking opening
4. Pull straight back on the rope handles until toes are well into sock/stocking
5. As you continue to pull towards your heel, pull on the ropes at an upward angle (toward the ceiling)
6. Continue to pull up on the ropes, past the heel, until the sock comes off the "Sock On" Aid
7. Repeat these instructions for putting on the second sock



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