

Hints and Tips for using tights, sock and stocking aids or equipment

- > These products are designed to prevent you from bending; so sit back and upright in your seat, drop the aid onto the floor, and wiggle your toes in whilst staying sitting upright.
- > If you find it difficult using these products on a chair, you could try sitting up in bed and using it there as your legs will be better supported.
- > If you are using an aid with a cord pull keep the tape an equal length each side so that you have a firm even grip. Pull up evenly on both sides.
- > If you are using an aid with tape that you pull we suggest that you may want to loop the tape around your hand, this helps prevent the tape slipping when you pull it through your fingers. You could create a loop at the point you generally pull from so you can just slip your hand through the loop each time you use the aid (see picture).
- > If you have difficulty putting on socks, tights etc, it is easier not to wear tight clothing such as very close fitting tights (you could always try the next size up).
- > Sprinkling talc on any of the products can make it much easier to slide your foot in.
- > To reduce the amount of bending/leaning involved in using these products you may find it easier to bring your foot up and rest it on a chair in front of you.
- > If you are using an aid please be patient when learning how to use it and persevere as with practice you can find them very useful.

