

# I N S T R U C T I O N S



## Heel Guide™ Rigid Sock Aid

73842-0000

1. Slip the sock over the end of the sock aid that does not have the strap. Make sure the sock comes in contact with the black circle on the back of the aid.



2. While sitting down, hold the strap and place the aid on the floor in front of your feet.

3. Slip your toes into the sock and pull on the strap until your foot is completely inside.
4. Continue pulling on the strap until the sock is all the way on and the aid slides out of the sock.



The length of the strap can be easily adjusted:

### To shorten:

One at a time, press the clamps on each side of the aid and pull the end of the strap further away from the clamp.

### To lengthen:

One at a time, press the clamps on each side of the aid and pull on the strap so that the end of the strap is closer to the clamp.

### Cleaning Instructions:

If needed the product can be cleaned with a mild household cleaner.

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