What is a Sock Aid?
A sock aid assists you in putting on and pulling up your socks or stockings without having to bend or strain yourself. This simple device is flexible and contoured with side notches and a black-dot grip to hold the sock or stocking in place.

How does it work?
By placing your sock or stocking on the sock aid you then insert your foot into the sock aid whilst standing or sitting and simply pull on the rope.

Who needs one?
Anyone who has difficulty putting on their socks or stockings, those with limited joint movement or suffering from arthritis.

HANDY HINTS
• Roll the Sock Aid into a tube. This makes it easier to slide your sock or stocking over the end.
• Ensure the black-dot grip is on the outside when you roll the tube. This helps prevent your sock or stocking from sliding off.
• Ensure your sock or stocking is completely pulled on to the Sock Aid with a portion of it sitting within the notched section.
• Ensure foot is completely inserted into the Sock Aid.