



# DAILY LIVING AID – SOCK HELPER

## INSTRUCTION MANUAL



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Putting socks on can become surprisingly difficult when bending, reaching, pain, surgery, pregnancy, fatigue, or mobility challenges are involved. This sock helper is designed to make putting socks on easier without needing to fully bend down to your feet.

Simply stretch the sock over the cradle, lower it to the floor using the handles, and slide your foot inside. The flexible cradle helps hold the sock open while the long handles reduce bending and strain. Suitable for many everyday sock styles, including casual and some compression socks.

### **Great for:**

- Putting socks on with less bending
- Pregnancy and postpartum recovery
- Hip, knee, or back injuries
- Limited mobility or flexibility
- Supporting independent daily dressing routines
- Surgery recovery
- Fatigue, or balance challenges
- Arthritis, chronic pain, or reduced hand strength
- Swollen feet or difficulty reaching toes
- Getting dressed more comfortably from a bed or chair
- Everyday socks, longer socks, and some compression socks

### **Features:**

- Flexible sock cradle design
- Long handles to reduce bending
- Helps hold socks open for easier use
- Suitable for many sock styles
- Lightweight and easy to store
- Simple assembly design



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**Image Description:** A blue sock helper device with long handles and a curved sock cradle. The images show socks stretched over the cradle while a person slides their foot inside. Additional images demonstrate the device being assembled and used with different sock styles.

### **Details:**

**Material:** ABS Plastic

**Size:** 46cm (L) x 13cm (W) x 14cm (D)

**Weight:** 260 grams

**Package includes:** 1x Sock Helper (4 pieces total)

**Age Guidance:** Suitable for teens and adults. Children should use with supervision. Not a toy.

### **How to use:**

1. Stretch the sock over the cradle.
2. Lower the device to the floor using the handles.
3. Slide your foot into the sock opening.
4. Pull the handles upward until the sock slides onto your foot.

### **Care Instructions:**

- Wipe clean with a damp cloth.
- Store in a dry place when not in use.
- Avoid excessive force or bending of the plastic parts.

### **Important Notes:**

- Compatibility may vary depending on sock thickness and elasticity.
- If using after surgery or injury, follow advice from your healthcare professional.
- Not designed to support body weight or balance while standing.