

Putting on sock with Mediven 2 in 1 and rubber mat:

- Fold white foot piece at red dotted line
- Tuck about 2" of long runner between big and 2nd toe (leave the pocket at other end)
- Put sock over foot just get the back of it just barely around the heel
- Run the long runner up the back of the leg and hold it with hand near knee
- Put foot onto rubber mat close to you with knee bent
- Hold toes up in the air and push down on the heel and push forward on the mat
- Use long strides to capture it around the back of the heel and gather the sock up the back of the heel until the toes are in place
- Use rubber pad to turn the heel to get it in place-i.e. if the heel is on the left side of the foot-push and slide the foot from the right side of the mat to the left to spin the heel to the right.
- Once the foot and heel are in place-pull the sock on the rest of the way on the leg with your hands-use rubber gloves to spread out the fabric
- Pull out the runner (make sure not to squeeze with the toes).

Taking off sock with Mediven 2 in 1 and rubber mat:

- Slide the foot into the long pocket over the sock
- Pull the sock down so it is under the heel to the bottom of toes
- Put the foot on a rubber mat
- Push down on the mat with the foot flat pull the heel toward you using long strides starting with knee straight and bend the knee as you pull the heel toward you
- Capture the sock with the rubber mat to walk out of sock.
- May need to push down on the extra sock that is now past the toes to help hold the sock down while pulling the foot out