Tools and Materials

12"x12" vinyl flashing

Two 20" pieces of 1" wide double faced loop Velcro brand from the Rapid Strap Kit.

Two pieces of self adhesive hook portion of Velcro

A pair of scissors

A Paper cutter for cutting the vinyl flashing material

Overview- Many individuals are unable to bend down to get their socks on. A sock aid allows the sock to be slid over a sleeve and then lowered to the floor so the person can slide their foot into it, pull up on two straps, and easily slide the sock onto their foot.

Instructions

Step 1: Using a paper cutter, cut a 12" x 12" piece of vinyl flashing material.
Step 2: Use a pair of scissors and round off all of the corner edges.

Step 3: Peel and stick two pieces of self adhesive Velcro hook to the two outside edges.

Step 4: Apply the double faced loop strip to the left and right sides of the vinyl flashing material.

Step 5: Curve the vinyl flashing material and pull sock over the end.

Step 6: Lower to the floor and insert your foot into the vinyl flashing material and pull upward on the two straps.