



Stocking Aids



This is a general guideline only. Please consult a healthcare provider for instructions specific to your situation.

There are many models of stocking aids to assist in donning regular socks as well as compression hose.

How to Use Stocking Aids That Have Rigid Frames

1. Place your stocking/compression stocking inside the semi-circle frame and pull the top of the stocking down over the semi-circle. The heel of the stocking must face the back of the stocking aid.
2. Continue to pull the stocking down over the semi-circle until the heel is centered and even with the top of the semicircle.

3. While sitting, insert your foot into the stocking until your foot is completely on the floor and the heel is in place
4. Grasp the handles of the stocking aid and pull the aid and stocking up the leg until the stocking is above the calf.
5. Pull the stocking aid free from the leg and smooth the stocking with your hand as needed

How to Use Stocking Aids That Have Soft or Plastic Frames

1. Place the stocking over the end of the frame until the toe covers the frame. It may be helpful to put the aid between your knees for stability
2. Continue to pull the stocking down the length of the aid, leaving about 3 inches uncovered
3. While sitting, hold the handle/strings of the aid and place the aid on the floor. Insert your foot into the stocking, point your toe to the ground and pull the aid up and over your heel and calf
4. Pull the stocking aid free from the leg and smooth the stocking with your hand as needed