ASSEMBLING YOUR SOCK SLIDER™ SYSTEM BASE AND CRADLE:

Align the sock cradle with the notch in the Sock Slider™ System’s base and gently push down until the sock cradle is in position.

ASSEMBLING YOUR SOCK SLIDER™ SYSTEM HANDLE:

Firmly push together the two pieces of the handle until it is secure.
USING YOUR SOCK SLIDER™ SYSTEM:

STEP 1: Place your shoe on the floor in front of your foot.

NOTE: Untie any laces or unstrap any buckles before preparing to use the Sock Slider™ System.

STEP 2: Stabilize your shoe with the handle and slowly insert your foot until it is fully inside your shoe. Tie laces or secure buckles before getting up.

STEP 3: Use the handle to gently lower the Sock Slider™ System to the floor.

USING THE SOCK SLIDER™ SYSTEM HANDLE WITH TUBE OR COMPRESSION SOCKS:

Use the Lifting Tab for Compression and Tube Socks, located on the handle, to help pull up the cuff of your tube, compression or other long sock.

REMOVING YOUR SOCKS WITH THE SOCK SLIDER™ SYSTEM HANDLE:

To remove your sock from a comfortable seated position, hold the handle, insert one of the sock removal tabs and push downward until your sock comes off.

USING THE SOCK SLIDER™ SYSTEM HANDLE AS A SHOE HORN:

STEP 4: Slowly ease your foot into the sock opening, sliding your heel to the bottom of the sock cradle, until the sock is fully on your foot.

STEP 5: If needed, use the handle to hold the Sock Slider™ System's cradle in place, as shown.

DISASSEMBLING THE SOCK SLIDER™ SYSTEM CRADLE:

The system can be taken apart for easy travel and storage. To disassemble the sock cradle, firmly grasp the Sock Slider™ System base while pulling up on the sock cradle so the cradle detaches from the base.