

TOES FIRST

Quick Start Directions

One hand. Less bending. More independence.

BEFORE YOU BEGIN

- Sit in a stable chair with both feet supported.
- Keep the area around your feet clear.
- Use slow, controlled movements. Do not force the device or the sock.

The basic method

Hold the device, load the sock onto both blades, guide your toes in first, pull the sock into place, and then release the device.

Simple by design.

Toes First is a manual, battery-free dressing aid designed to make putting on many common socks easier while seated.

TOESFIRSThb.com

Made in the USA

Keep these directions for future reference.

How to Use Toes First

Follow these steps while seated.

1

Hold the device

Hold Toes First upside down with your fingers under the handle, your thumb on top, and the blades pointing to the side.

2

Load the sock

Hold the sock by its cuff with the heel facing you. Pull the sock fully into the nearest blade slot. Dip the blade into the sock opening, stretch the sock over the second blade, and work the sock back toward the handle.

3

Guide your toes in first

Position the loaded sock in front of your foot. Guide your toes into the sock first, then continue moving your foot forward while pulling the sock toward your ankle.

4

Release the device

Once the sock is in place, rotate the handle away from your ankle to release Toes First from the sock. Finish adjusting the sock by hand if needed.

Helpful tips

- A little practice helps. Keep the sock opening centered as you guide your foot forward.
- Use with many common socks. If a sock feels too tight or difficult to load, do not force it.
- Inspect the device before use. Stop using it if it is cracked, broken, or damaged.