



3 Insert the grey spoons between your leg and the stocking, on either side of your leg.



4 Steadily push the stocking down, using HandyLegs (spread the spoons if necessary), making sure that the stocking goes **OVER** the sleeve.

Donning a stocking with open toe (sleeve on the foot)

Follow steps 1 and 2 (donning, with the sleeve in the stocking) and then:



3 Fold the sleeve's loose flaps inwards and place your foot **IN** the sleeve.



4 Hold HandyLegs, with the spoons as flat as possible, on the mat and slide your foot with the sleeve **INTO** the stocking.

This time follow steps 6, 7 and 8 (donning with sleeve in the stocking) and then:



9 Wiggle your foot back and forth across the mat until the tab is freed.



10 Place the grey HandyLegs spoon on the mat **THROUGH** the tab. Carefully pull your leg back, until the sleeve has come out of the stocking.



One less worry!

Your supplier:

HandyLegs is a product of HandyCare Holding B.V., eu.handylegs.com.

Do you have any questions or remarks?
Please feel free to contact us.

The terms and conditions can be found on:
eu.handylegs.com

2021-10



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HandyLegs Large



HandyLegs Medium R1



HandyLegs Small R2



HANDYLEGS



Put on and take off your compression stockings yourself!

HandyLegs

HandyLegs allows you to put on and remove your elastic hosiery (with open or closed toe) independently. Did you know that you can use HandyLegs to put on regular stockings and socks as well?

This user's manual is a step-by-step guide to donning and doffing therapeutic elastic hosiery. Your supplier, home care assistant or occupational therapist will also gladly give you personal instructions on how to use HandyLegs.

On our website eu.handylegs.com you will also find clear instruction videos. In these videos we show you how to make optimal use of HandyLegs.

Please verify that you have received the anti-slip mat and the sleeve with your order. If this is not the case, do contact your supplier.



Sleeve and elastic Velcro tie



Anti-slip mat

Note! The sleeve you received could look different from the one shown here. Therefore, please also read the enclosed user's manual that you receive with the sleeve.

Before you get started

It is important for you to be able to independently:

1. Sit on a chair (without armrests) or on the edge of a bed.
2. Reach halfway to your calves.
3. Actively extend and bend your leg.
4. Exert enough strength with both your hands to hold on to something.

Note!

- Only use HandyLegs as described in the manual.
- Do not stand or walk with the sleeve on your foot – so as not to slip and fall.
- When you are not using HandyLegs, always put it away in a safe place so that you don't trip over it.
- HandyLegs BV is not liable for the consequences of using it for other purposes than those described in the manual.
- Be careful with sensitive skin and do not use HandyLegs on open wounds.

Clean HandyLegs with a mild detergent and a moist rag. Dry it off thoroughly with a dry rag. The sleeve, neoprene cover and anti-slip mat can be hand washed at 30 degrees. Do not put them in the dryer or iron them. Do not use chemicals or bleach to clean any of the products. Do not expose HandyLegs to sunlight for extended periods.

Extra remark

This user's guide provides the most straightforward description of how to use HandyLegs when donning and doffing your therapeutic elastic hosiery. However, there are more options. These can be found on our website in the instruction videos, or you can ask your supplier about them.

Donning a stocking with closed and open toe (with the sleeve inside the stocking)



1 Sit on a chair and place the anti-slip mat under your foot. Create a cuff, of a maximum of 5 cm, in the stocking.



2 Stretch the stocking over the green spoons, with the heel facing upwards.



3 Insert the sleeve, with the loose tabs, into the stocking, until the heel of the stocking.



4 Hold the sleeve with one hand, and turn over HandyLegs.



5 Place HandyLegs, with the spoons as flat as possible, on the mat. (If necessary, spread the spoons and) slide your foot **ACROSS** the sleeve **INTO** the stocking.



6 Wiggle your foot/heel forwards across the mat. Repeat this until the stocking has come over the heel and your foot is in position.

TIPS! By wiggling your foot across the mat, you can bring the stocking to the right position. Any wrinkles can be removed with the help of rubber gloves.



7 With the help of HandyLegs, pull up the stocking, you can use the middle grips to improve your reach.



8 Remove the stocking from HandyLegs.



9 Pull the sleeve out from the top of the stocking.



10 Use your hands to adjust the position of the stocking.

Doffing, using the sleeve



1 Fold the sleeve open and step into the sleeve with your stockinged leg.



2 Fasten the elastic Velcro just above your ankle (not too tight).