

Using the sleeve with a stocking with a closed toe

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



Insert the wide side of the sleeve into the stocking till you reach the heel.



Place HandyFix on the mat, with the spoons as flat as possible. Insert your foot into the stocking by sliding your foot **OVER** the sleeve.

Proceed to steps 6,7, and 8. And finally remove the sleeve by pulling the tab, on the top and back of your leg, up and out of the stocking.

Doffing, using the sleeve



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



Fasten the elastic velcro tie just above the ankle (not too tight).



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



Steadily push HandyFix down, making sure that the stocking goes **OVER** the sleeve, until you have removed the stocking.



HANDY
LEGS

Easy to use!

Your supplier:



8 717953 261168

HandyFix 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

Contact:

HandyLegs B.V.
Botterstraat 47
1271 XL Huizen
The Netherlands

T: +31 (0)35 6922875
F: +31 (0)35 6922876
E: info@handylegs.com
W: eu.handylegs.com

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**You can put on and
take off your compression
stockings yourself!**

HandyFix

HandyFix allows you to put on and remove your elastic hosiery independently. Did you know that you can use HandyFix 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 HandyFix.

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 HandyFix.

Please verify that you have received the anti-slip mat and the sleeve with your HandyFix. If this is not the case, do contact your (therapeutic elastic hosiery) supplier.

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.



Anti-slip mat



Sleeve and elastic Velcro tie

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. Slightly bend over.
4. Actively extend and bend your leg.
5. Exert enough strength with both your hands to hold on to something.

Note!

- Only use HandyFix as described in the manual.
- Though the grip is flexible, don't force the HandyFix legs apart with force! This might cause the grip to break.
- Do not stand or walk with the sleeve on your foot – so as not to slip and fall.
- When you are not using HandyFix, always put it away in a safe place so that you don't trip over it.
- HandyLegs BV cannot be held liable for the consequences of uses other than those described in the manual.
- Be careful with sensitive skin and do not use HandyFix on open wounds.

Clean HandyFix 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 HandyFix to sunlight for extended periods.

HandyFix, can be taken apart easily, great while traveling!



Press the green button. The parts can now slide **IN** and **OUT**.

Donning with a sleeve



NOTE! Do not pull the HandyFix legs further apart than indicated in the manual.



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 Fold the flaps of the sleeve inwards, till it is folded double.



4 Insert your foot into the sleeve.



5 Hold HandyFix, with the spoons as flat as possible, on the mat and slide your foot into the stocking with the help of the sleeve.

TIPS! By wriggling 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.



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



7 With the help of HandyFix, pull up the stocking.



8 Remove the stocking from Handyfix.



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



10 Insert the grey spoon through the tab and push forcefully into the mat.



11 Steadily pull your leg back, until the sleeve has been pulled out of the stocking.