



Department of Occupational Therapy

Leg and Foot Aids to Help You Dress

Long-handled Bath Sponge

Use to bathe your lower legs and feet.



Reacher

Use to help put on your underwear and pants. Remember: Put in the affected leg first when dressing and take it out last when undressing.

Use the prong on the end to push off your sock.



Sock Aid

1. Slip your sock over the end of the sock aid. The sock should be at least halfway up the sock aid.
2. Hold onto the canvas straps and drop the sock aid on the floor.
3. Place your toes through the opening of the sock.
4. Pull back and upward on the canvas straps so that the sock is pulled over your heel.



Long-handled Shoe Horn

If your incision is on the back of your hip: Use between your legs.

If your incision is on the front of your hip: Use from the outside of your leg.



Elastic Shoelaces

Remove your old laces. Thread the elastic laces through the lace holes. Tie the laces. Then, use the shoehorn to slide your foot into the shoe (like slip-on shoes).

