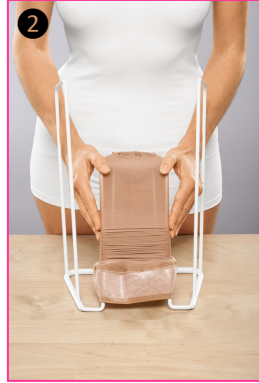




## medi Butler/Valet donning aid

### Instructions for use

medi



**1** Stand the medi Butler/Valet on a firm surface with the semi-circular opening facing forwards. Lay the compression stocking in the stirrup with the toe of the stocking facing forwards.

**2** Turn the upper boarder of the stocking inside out and over the frame. Slide the stocking down over the stirrup until the heel appears at the edge of the stirrup.

**3** Now place the medi Butler/Valet on the floor and slip your foot, toe first, into the toe of the stocking.

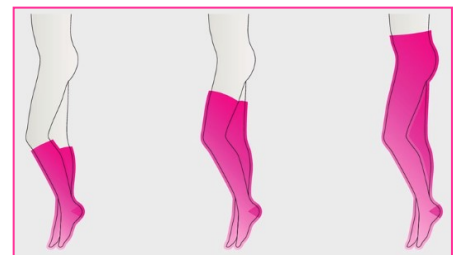
**4** Step into the medi Butler/Valet ensuring that the toe and the heel are correctly positioned.



**5** Using the handles, you can now slide the stocking up towards your knee.

**6** When the stocking is just below your knee, tilt the medi Butler/Valet slightly back and remove it from the stocking. You can now adjust the top band of your stocking comfortably into place.

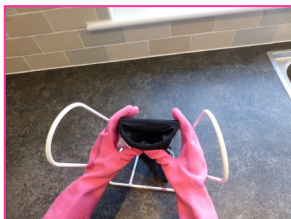
The medi Butler/Valet can be used for all lengths of stockings/tights and for both open and closed toe garments.



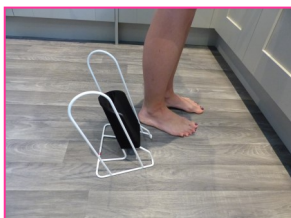
**If you have a fixed ankle, or find plantar flexing difficult – use it this way:**



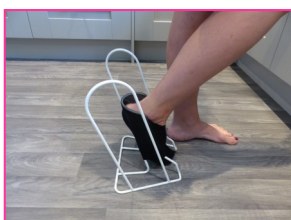
**1** Stand the medi Butler/Valet on a firm surface with the semi-circular opening facing forwards. Lay the compression stocking in the stirrup with the toe of the stocking facing forwards.



**2** Turn the upper boarder of the stocking inside out and over the frame. Slide the stocking down over the stirrup until the heel appears at the edge of the stirrup. Rubber gloves can help and can also be useful if the user has arthritic or stiff fingers.



**3** Place the medi Butler/Valet behind you on the floor and step into it whilst holding onto a firm surface for balance. There is no need to point your toes downwards in this position.



**4** Using the handles, you can now pull the stocking up towards your knee.



**5** When the stocking is just below your knee, remove the Butler/Valet by tilting it back slightly from the stocking. You can now adjust the top band of your stocking comfortably into place.

