Putting on Socks with One Hand

If you have weakness on one side of your body because of an injury or stroke, you can follow these steps to put socks on with your one strong arm.

1. Sit in a firm chair or the side of the bed. If you are in a wheelchair, lock all the wheels. Have the foot rests up and your feet on the floor.

2. Use your strong hand and grab hold of your ankle of your weak leg. Cross your weak leg over your strong leg.
3. Place the sock on your lap with the opening of the sock towards your hand.

4. Bring your finger tips together and place them inside the opening of the sock.

5. Push your fingers into the sock so the second knuckles are in the sock and spread your fingers and thumb out.

6. Lean forward and place the opening of the sock over all your toes. Be sure to keep all your fingers inside the sock opening.
7. When the sock is over all your toes, pull the sock over the rest of your foot.

8. Uncross your legs.

9. Cross your strong leg over your weak leg and repeat steps 3 to 8 to get the other sock on.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.