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

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 toward 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 inside the sock. Spread out your fingers and thumb.
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.

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Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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