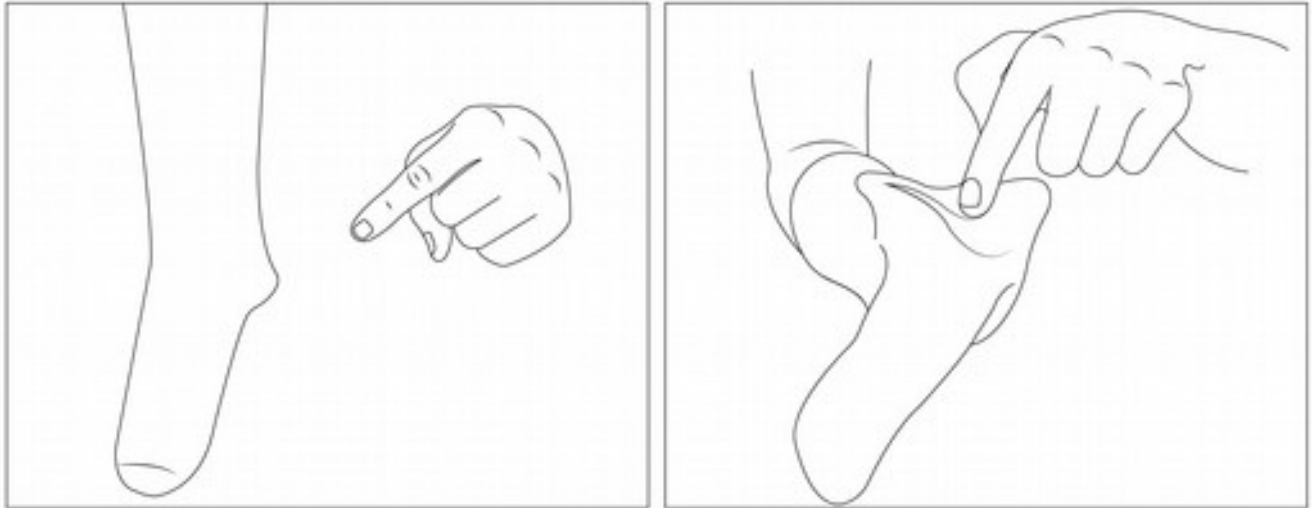
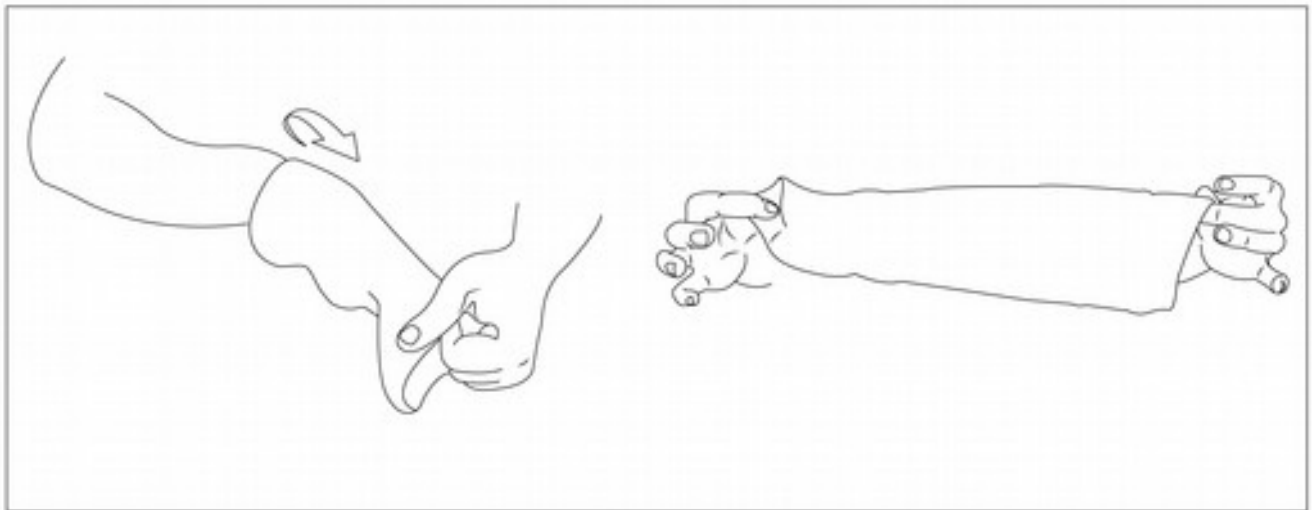


How to wear your Compression Socks

Step 1: Pull sock over your arm until the heel of your hand meets the heel of the sock.



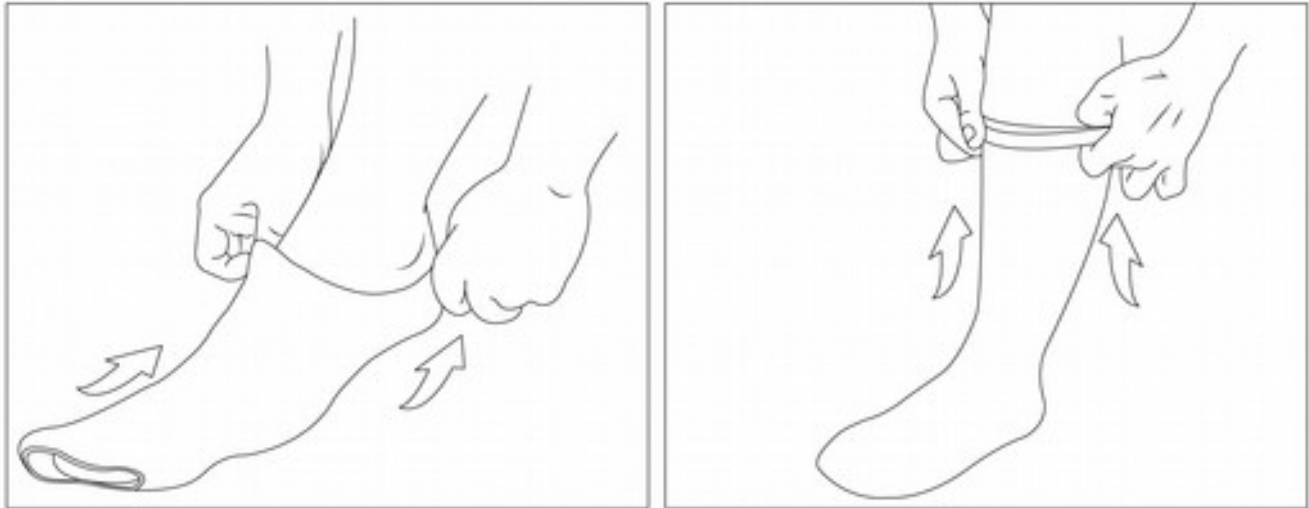
Step 2: Peel the leg of the sock down to the heel of your hand so it is partially inside out.



Continue on the next page.....

Step 3: Flip it over and slip the sole of the foot into the sole of your sock aligning the heel and toes of your foot into the sock

Step 4: Pull the log of your sock over the calf



Step 5: make sure the sock is evenly spread over your leg and that the the foot sole of your sock fits the sole of your feet