

Activa recommend ActiGlide® for use with their extensive compression hosiery and armsleeve ranges.



Now available Activa®  
Unisex Patterned Sock

**Activa®**  
*British Standard  
compression hosiery*



**ActiLymph®**  
*European compression hosiery*



**ActiLymph®**  
*European compression armsleeves*



**ACTIVA®**  
HEALTHCARE  
an **ER** Company

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or visit our website on: **www.activahealthcare.co.uk**

Activa®, ActiLymph® and ActiGlide® are the registered trade marks of Activa Healthcare Ltd.

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**acti***glide*®

All available  
on prescription

Available on  
prescription

**acti***glide*®

This unique hosiery applicator from Activa enables compression hosiery to glide effortlessly up the leg and arm.

- Suitable for tights, socks, knee and thigh length compression hosiery and armsleeves
- For open and closed toe hosiery
- One size fits all
- Hygienic
- Can be used by hosiery wearer or when applied by a carer

Make your life easier with the unique **acti***glide*®



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**ACTIVA®**  
HEALTHCARE  
an **ER** Company

## Fitting instructions for the ActiGlide® when applying stocking.



Fold the **ActiGlide**. double and thread the flexible pin through the holes from the widest end.



Put the pin securely in the pocket at the end. The **ActiGlide** is now ready for use.



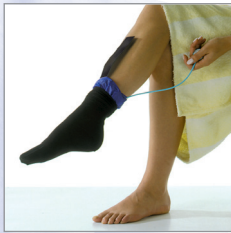
Slide the **ActiGlide** over your toes, with the pin side under the sole of your foot, until the **ActiGlide** stops at the instep. Do not try to pull too far.



Pull on your stocking in the same way as you would a boot.



Place the heel in position and spread the stocking evenly over your foot.



Pull the pin at the back of the leg out of the **ActiGlide**.



Take hold of the black handle at the front of the **ActiGlide**.



Pull the **ActiGlide** up the leg. Then ease the stocking over the **ActiGlide** in stages.



Pull the **ActiGlide** out of the stocking and spread the stocking evenly over your leg.

**Useful tip:** Use rubber gloves for a better grip on the garment.

**Maintenance:** Wipe the **ActiGlide** with a damp cloth.

**Guarantee:** 6 months on manufacturing errors.

*Whilst the **ActiGlide** is useful for many people who find hosiery application difficult, please bear the following in mind:*

When using the **ActiGlide** without assistance, the wearer needs to be able to bend down to put the hosiery on and also requires the manual dexterity to thread the flexible, plastic pin through the eyelets in the **ActiGlide**.

## Fitting instructions for the ActiGlide® when applying armsleeve.



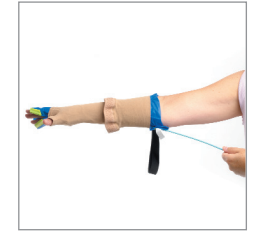
Fold the **ActiGlide**. double and thread the flexible pin through the holes



Place the **ActiGlide** onto your arm. Place your thumb through the first hole (sleeve with handpiece only).



Pull the armsleeve onto your arm and position the hand piece and pull the remaining sleeve up the arm.



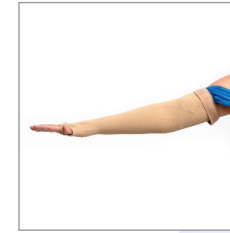
At this point the **ActiGlide** pin can be slowly pulled out, taking care not to let it flick back towards the face.



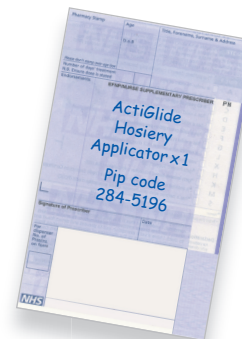
Take hold of the black handle and pull the **ActiGlide** further up the arm.



Ease the armsleeve over the **ActiGlide** in stages.



Pull the armsleeve fully up the arm, taking care to ensure the top of the arm sleeve fits correctly and comfortably.



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