1. Remove the Swedish Folding Stocking Aid from carrying case and flatten plastic interior. Hold the stocking aid so that the cord end is closest to you.

2. Slide a sock or knee high stocking onto the stocking aid with the heel positioned on the bottom. Slide the entire sock or stocking onto the Swedish Folding Stocking Aid.
3. Place stocking aid on the floor while holding the cord. Slip your foot into the Swedish Folding Stocking Aid. Begin pulling upward on the cord, allowing the sock or stocking to slide onto your foot.

4. Once the sock or stocking is entirely on your foot, continue pulling upward on the cord until the stocking aid slides out of the sock or stocking.