ActiGlide

Compression Hosiery Application System

If you wear compression hosiery to help prevent aching legs and swollen ankles or to treat varicose veins and you have problems putting it on, an ActiGlide from Activa Healthcare, winners of a Queen's Award for Innovation, could be the ideal solution.

ActiGlide is an application system which allows your compression hosiery to glide effortlessly up your leg. Activa recognised that compression hosiery can sometimes be difficult to get on, particularly if you have a limited degree of mobility or hand movement, and they designed this innovative product specifically for people who need that extra helping hand.

Easy to use with both open and closed toe compression hosiery, simply slide the ActiGlide over the foot and then pull the stocking on the same way as a boot. As the ActiGlide is gently pulled up and out of the stocking, the stocking can be positioned evenly over the leg. You will be amazed at how the ActiGlide allows your hosiery to slip smoothly up your leg. Once your stockings or tights are on, the ActiGlide simply slides out of your hosiery.

Both nurses and patients are delighted with the new ActiGlide, Activa’s nurse Jeanette Muldoon says "Less agile and arthritic patients will really appreciate the benefits of using ActiGlide. It really is simple and easy to use, and consequently patients are able to wear their compression hosiery every day and really feel the benefits".

Even if you are not using compression hosiery, but are simply struggling to put on your regular socks or tights, then the ActiGlide can help to make your life easier.

Please call the Activa Customer Care line on 08450 606707 if you require further information.

Fitting Information

Fitting instructions for the ActiGlide stocking applicator.

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.
Step 1.

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

Step 2.

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

Step 3.

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 and pull too far.

Step 4.
Pull on your stocking in the same way as you would a boot.

**Step 5.**

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

**Step 6.**

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

**Step 7.**
Take hold of the flap at the front of the ActiGlide.

**Step 8.**

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

**Step 9.**

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

**Fitting arm sleeves with ActiGlide**

**Step 1**

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

**Step 2**
Place the ActiGlide onto your arm. Place your thumb through the first hole (sleeve with handpiece only).

**Step 3**

Pull the arm sleeve on to your arm and position the hand piece and pull the remaining sleeve up the arm.

**Step 4**

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

**Step 5**
Take hold of the black handle and pull the ActiGlide further up the arm.

**Step 6**

Ease the armsleeve over the ActiGlide in stages.

**Step 7**

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

Click here for a patient leaflet for Armsleeve wearers PDF no 11

**FAQ**

**Is ActiGlide suitable for everyone having problems getting their hosiery on?**

If someone will be using the ActiGlide without assistance they need to be able to bend down to put hosiery on. The wearer also requires the manual dexterity to thread the bendy, plastic pin through the eyelets in the ActiGlide.

**Is the ActiGlide just for Below Knee stockings?**

The ActiGlide can be used to help apply thigh length and knee high hosiery and tights.

**Can the ActiGlide be used for closed and open toe hosiery and tights?**

Yes, it is suitable for both.

**Is ActiGlide available on prescription?**
The ActiGlide is available on prescription and it is available from pharmacies (pip code 284 - 5196)

**How do I keep the ActiGlide clean?**

It can be wiped clean with a damp cloth.