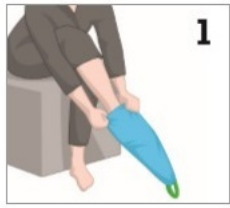


Self-application with the Steve Glide Dolphin



1 Slide the Steve Glide over the foot



2 Slide the stocking over the Steve Glide



3 Draw the stocking over the heel

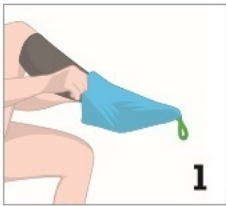


4 Place one hand firmly on the heel and with the other hand pull the green loop



5 Pull the Steve Glide out with small movements

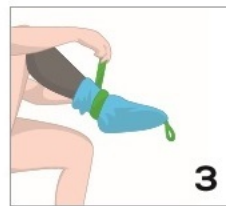
Self-removal with the Steve Glide Dolphin OFF



1 Slide the Steve Glide over the foot



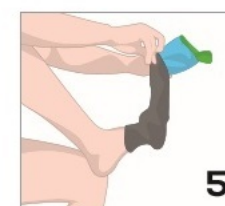
2 Place the elastic band around your ankle over the Steve Glide



3 Tighten the elastic band solid



4 Roll the stocking down over the elastic band



5 Grab your stocking and take the stocking off