



Slip your arm into the sock until your fingers reach the toes. Your palm should be resting in the sock's heel.



Starting at the cuff, fold the sock over towards your hand until it meets the heel. Make sure to fold the sock onto itself.



With the sock still inverted, pull it firmly onto your foot. Make sure your toes are securely in the toe pocket. Starting with the cuff, gradually roll the sock up.



Adjust so that your heel is properly positioned in the heel pocket and the cuff sits below the knee. Make sure the cuff is not pulled up too high.