vive®

HIP AND KNEE RECOVERY KIT

Owner's Manual
RHB1034

To see all of the FAQs in one place
visit **vhealth.link/4c23f**

- 32" Rotating Reacher
- Leg Lifter
- 24" Plastic Shoe Horn

- Sock Assist
- 24" Dressing Stick
- Loofah Brush

ROTATING REACHER

The 32 inch Vive Rotating Reacher will give you extra reach to grab items, place items where you need them or put on clothes without bending or kneeling.

How to use the Vive Rotating Reacher for grabbing items:

1. Rotate the jaw to the optimal angle.
2. Hold the handle end of the reacher in your hand with a finger on the trigger.
3. Grip the item with the jaw and squeeze the trigger to secure it.
4. Use the reacher to place the item where you need it.
5. Release the trigger to release the item.

How to use the Vive Rotating Reacher for dressing (pants or underwear):

1. Rotate the jaw to the optimal angle.
2. Hold the handle end of the reacher in your hand with a finger on the trigger.

3. Gather one side of a pair of pants in the jaw and squeeze the trigger to secure it,

4. Use the reacher to bring the the clothing down to your feet and place your leg in the pant hole.

5. Use the reacher to pull the pants up until you can grab it with your opposite hand.

6. Squeeze the trigger to release the item.

7. Place your other leg in the other pant hole and pull up the pants with both hands.

The bendable Vive Leg Lifter will help you lift your legs onto a bed or reclining chair when you have limited mobility.

HOW TO USE:

1. Sit as far back on the bed or chair as is possible.

2. Lean down or use the Vive Rotating Reacher to place the round loop of the Vive Leg Lifter around your foot while holding onto the hand loop at the opposite end of the leg lifter.

3. Use your upper body to move your leg up and onto the bed or chair by pulling on the Vive Leg Lifter. Or as an alternative, you can lie down and let gravity help you move your leg up to the bed or chair.

4. Repeat with the other leg.

SOCK ASSIST

This handy aid will help you put on socks or compression stockings without bending at the waist. The device fits any sock with a four inch opening.

HOW TO USE:

1. Pull one sock over the Vive Sock Assist as far as the sock will go.

2. Use the Vive Rotating Reacher to place the Vive Sock Assist on the floor. Keep the handles in your hands.

3. Insert your foot through the open hole.

4. Pull the handles until your sock is completely over your foot.

5. Repeat with the other sock.

PLASTIC SHOE HORN

At 24 inches long, the Vive Plastic Shoe Horn will enable you put on or remove shoes with ease.

HOW TO USE:

1. Sit on the edge of a chair.

2. Use the Vive Rotating Reacher to place your shoes at your feet.

3. Insert your foot into the proper shoe as far as it will go.

4. Wedge the Vive Shoe Horn in between your heel and the shoe.

5. Slide your foot/heel down the Vive Shoe Horn and into the shoe.

6. Remove the Vive Shoe Horn when your foot is fully in the shoe.

LOOFAH BRUSH

The super long and curved Vive Loofah Brush gives you extra reach during shower and bath use.

DRESSING STICK

The Vive Dressing Stick will provide you increased flexibility when dressing and undressing.

HOW TO USE:

1. Grip the handle end of the Vive Dressing Stick.

2. Use the hook pointing up on the S hook end to pull up socks, loosen shoe laces or push off jackets.

3. Use the hook pointing down on the S hook end to push off socks and shoes.

These products may not be suitable for individuals with stability or balance problems, or individuals who require support and/or assistance sitting, standing or walking.

HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at **vhealth.link/4c23f** for helpful answers.

And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

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🌐 vivehealth.com

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