

## **TED stocking Transcript**

Good morning, my name is Agnes Moore and I am here today visiting with Debbie Roach of West Montgomery HS. We are going to review the application of a TED stocking.

This stocking is already inside out...I am going to turn it right side out...Pull the stocking up and I will put the heel box of the stocking on the heel of my hand. Be sure the heel box is on the heel of the hand.

I am going to spread my hand a little bit and pull the top on stocking down as you see here...By doing that I am creating two layers of stocking material to deal with instead of multiple layers of stocking layers that would be much more difficult to handle.

Slide the stocking off the hand carefully as illustrated keeping the heel box on the heel. Keep in mind where the heel box is.

**HEEL BOX ON THE HEEL IS CRITICAL TO PROPER PLACEMENT.**

I have arranged my fingers so I can open the stocking wide before slipping on the foot. Be careful going over the toes. The patient could be diabetic and the toes could fall off or the patient may be arthritic and the tugging on the TED cause pain.

Gently work the stocking up without doing a lot of shaking, rattling, and rolling so that the stocking is smooth...Now...I am not finished with my task until I look to be sure the heel box is squarely on the heel.

This is the critical step for this skill. Now that I am looking at my work, I am going to adjust it a little bit to be sure the heel box is squarely on the heel and the stocking is smooth.

Looseness at the toe is certainly acceptable. The opening in the stocking may be at the top or on the bottom...that is determined by the way the manufacturer makes the stocking. The factor that indicates proper placement is the heel box on the heel, not whether the toe opening is at the top or bottom.

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