

How to make a slider for donning a compression sleeve By Leda Raptis

Materials

- Nylon cloth (1.2m is enough for 3 sliders), as used for the outer shell of windbreaker coats, or “nylon taffeta” (used for bridal veils, but without any decorations that catch), or spinnaker-sail cloth. The advantage of the latter is that it does not fray, which makes it easier to sew, since it does not need hemming. Windbreaker material is sometimes available at Fabricland, but a sure source is “Afordable textiles” at 529 Queen street W. in downtown Toronto. Spinnaker cloth can be purchased from sailmakers in Toronto. I like bright colors, people facing cancer tend to be depressed.

I prefer is, to make the outside out of spinnaker-cloth to be very slippery, and the inside out of windbreaker material to be softer (fussy, I know...).

- Thread, in matching color
- Paper, ~1.1m in length (newspaper is OK, or you can tape pieces together)
- Ruler
- Pen
- Scissors
- Pins
- Sewing machine

Cutting instructions

1. Using the ruler and pen, draw the pattern in Figure 2A on a sheet of newspaper; then cut out the shape.
2. Test the nylon to find out which direction is most slippery. Wet the thumb and index fingers, pinch the cloth and slide back and forth in one direction, then at a 90 degree angle. Most materials are more slippery in one direction than the other. It is important to sew the cloth so as to take advantage of its most slippery direction. Usually it is along the length of the bolt, that is you need to buy 1.2m (not 0.5 meters as it would be in the case that the slippery direction was across the cloth). The width is usually 1.5m, so that you can make 3 sliders with the 1.2m. Spinnaker-cloth is equally slippery in both directions.
3. Spread the material on a cutting table so that the most slippery direction is lengthwise as shown by the arrow (Figure 2A). Pin the pattern on top.
4. Cut out the shape shown in Figure 2A. The size shown fits most arms but it can be made bigger if necessary.
5. Cut a strip of 34x5cm and a strip of 30x6cm for the stirrup (Figure 2B).

Sewing instructions

1. Fold along the dotted lines (see Figure 2), placing the two less slippery sides together, and sew the three sides (b,c,d) in straight stitch; then hem in zig-zag, if needed.
2. Turn the tube inside out and sew the three sides (b,c,d) with a straight stitch at ~2mm from the edge. Hem in zig-zag if needed.
3. Fold the edges of the strips and sew to make sturdy strips of 34x1.5cm and 30x2cm.
4. Sew the 34cm strip (e) along the wider end of the slider (a). Then insert the 30cm strip (f) as shown, fold (e) over it and sew it to the 34cm strip. Do several passes to ensure strength. Figure 3 is a picture of a finished slider.

Using the slider

1. Fold the narrower end of the slider (c,d) inside the wider one as shown in Figure 4.
2. Pass the arm inside.
3. Pull the compression sleeve on top of the slider, as shown in Figure 5. It should slide easily.
4. Remove the slider: Hold the sleeve tight in place and pull from the stirrup, by passing a door handle or your foot through the loop. (Figure 6)

Important Put the glove on right away, because the hand may swell fast if there is compression of the arm with the sleeve.

Figure 1

testing for material slipperiness

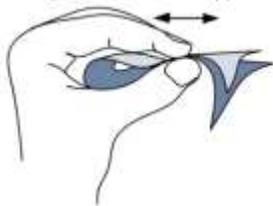


Figure 2

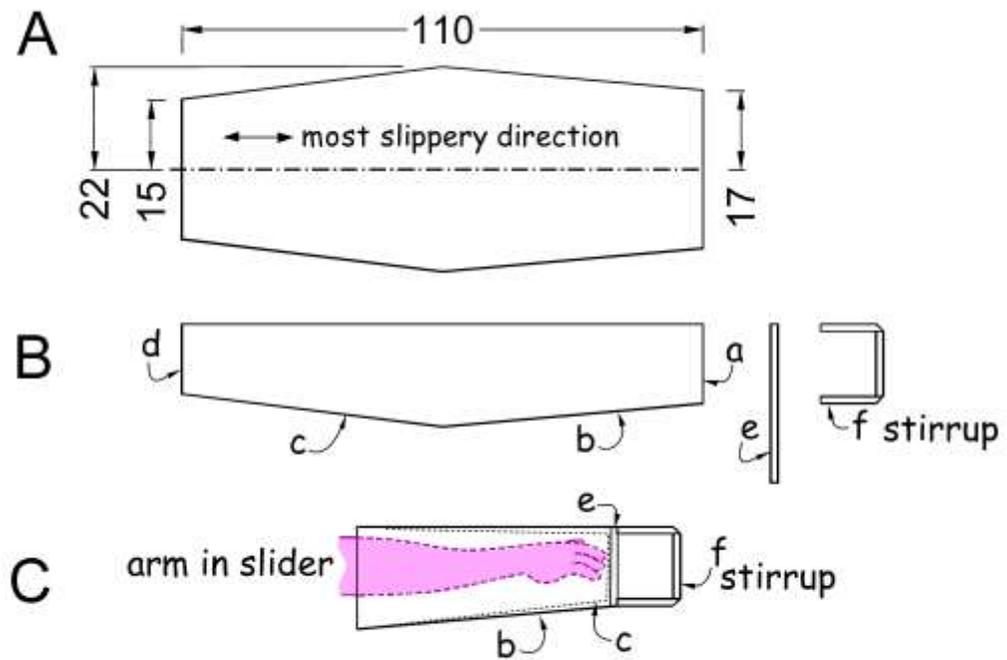


Figure 3
The Slider Unfolded



Figure 4
The slider, folded, ready to put on



Figure 5
The compression sleeve on top of the slider



Figure 6
Pulling the slider off
with a foot



Figure 7
The compression sleeve is on

