

# NRX<sup>®</sup> Twin-Straps for fingers

**Material**

30 mm NRX<sup>®</sup> Strap or NRX<sup>®</sup> Strap PLUS + 2 hook pieces

1



Cut two strips in the desired width and approx 8 cm long. Adjust the width of the hook parts to the width of the strips.

2



Apply the first strap between MCP- and PIP joints. Use NRX<sup>®</sup> Strap PLUS if you want to protect against finger separation. Position the strap between the fingers and apply it around the finger.

3



Apply the second strap the same way but between the PIP- and DIP joints, and pull it in the opposite direction. Do not over-tighten.

4



Attach the hook part and test the stability. If needed adjust the strap tension.

**Care instruction**

The NRX<sup>®</sup> Strap can be machine washed in 60 degrees C. Use a liquid detergent and a laundry bag. Remove the hook parts before washing. If the hook parts will remain in place, do not exceed 40 degrees C.