

NRX® Ankle

Material

NRX® Strap 110 mm and NRX® Strap PLUS 80 mm

1



Start by cutting the 110 mm NRX® Strap, the length depends on the volume of the ankle, usually 45–55 cm is enough. Cut a hole for the heel on one side and slid the opposite part. Then cut the reinforcement from the 80 mm NRX® Strap PLUS.

2



This application is for lateral ankle instabilities. For medial, simple reverse the application. Attach the loop around the heel and run the strap over the lateral ligaments. Make sure that the stretch is even. Run the strap over the arch area and in under the foot.

3



Make sure that the strap covers the lateral part of the foot. If you attach the support further in the front on the lateral part you will get more lateral stability. Position the foot in dorsiflexion and use the first strap to elevate the foot.

4



Run the strap around the ankle and attach it on the medial side with the hook.

5



Run the second strap the same way as the first strap, adding more compression to the lateral side. Secure the strap on the upper side with the hook.

6



Attach the NRX® Strap PLUS on the lateral side with a larger hook part. Make sure that the angle is adjusted to the compression in both of the straps are even.



7



Dorsiflex the foot and attach the first strap on the medial side of the ankle. Then attach the second strap from behind.



8



You might have to adjust the reinforcement to find the right individual support.



Caring instructions

The NRX® strap can be washed in 40 degrees machine wash with a liquid detergent. Always use a laundry bag. Remove the hook parts before washing and let air dry.

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