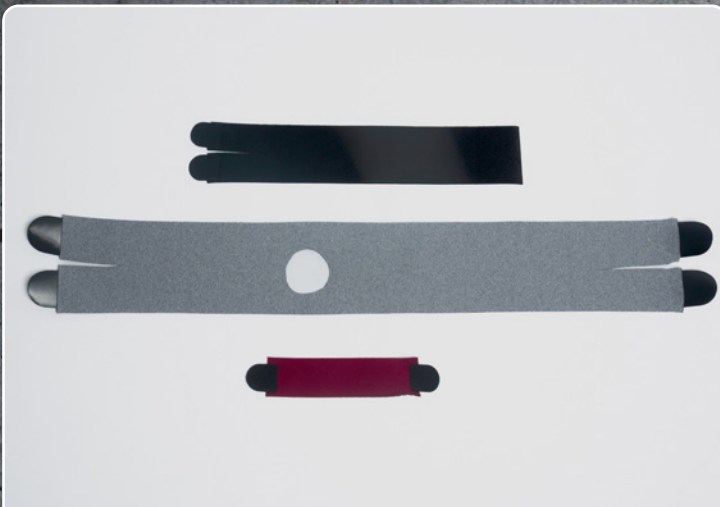


NRX[®] Strap Plantar Stretch

Material

Plantar stretch part:	120 mm NRX [®] Strap Neptune
Calf anchor:	80 mm NRX [®] Strap PLUS
Plantar strap:	50 mm NRX [®] Strap
Wide hook parts (EU446003)	



The construction consists of a calf anchor, the main plantar stretch part and a plantar strap. It can be used for both plantar fasciitis and achilles tendon problems. It is not intended for chronic foot drop problems.



1 Start by cutting the 80 mm NRX[®] Strap PLUS anchor. Divide the closure part into two straps as it makes application easier. Secure the anchor as high as possible on the lower leg.



2 Cut the appropriate length of the 120 mm NRX[®] Strap Neptune. You can use a reference measurement starting from the posterior part of the anchor, covering the heel and stretching over the plantar surface and toes, then up to the anterior part of the anchor. Mark the position of the heel and cut a hole in the material.



3 Position the heel over the hole. Cut the attachment part into two straps, attaching the wider hook parts to each. Attach the hook to both sides of the anchor. Make sure that the material is stretched so it will conform to the heel area.



4

Cut the 50 mm NRX® Strap for the plantar strap. It should go from the lateral side of the 120 mm material to the medial side and should be attached with two hook parts. Do not overstretch it, the stretch will be adjusted later. The plantar strap will both help positioning the heel part as well as providing individual support to the plantar fascia.



5

Cut the other attachment part into two straps, attaching the wider hook parts to each end. Stretch the material from the heel, covering the toes and up to the calf anchor. Attach the hook parts to the posterior part of the anchor. If needed, adjust the length of the straps. Note that it is wise to start with a lower plantar stretch for the first 2–3 days, then increase the stretch if needed. Adjust the plantar strap stretch if needed.



6

Use caution with dorsiflexion for the first 2–3 days. The plantar stretch should be used during the night or when the foot is not loaded. It is not intended to walk with the plantar stretch application on.

Care instruction

The plantar stretch application can be machine washed at 60 degrees C. Remove the hook parts before washing.

