

NRX® Epicondylitis

Material

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

2



Attach the strap around the arm. The strap should be positioned about 4–5 cm below the elbow crease and should cover the largest part of the extensor muscles.

3



Apply the NRX® Strap PLUS reinforcement over the lateral part of the extensor muscles. If used for medial epicondylitis, switch the attachment point to the medial side.

4



Use the straps to apply tension, start with the lower one and end with the upper one. Adjust the compression until it feels comfortable. For further pressure over the extensor muscles you might put 2–3 pcs of the pre-cut hook parts directly under the reinforcement strap in order to receive a more distinct support.

5

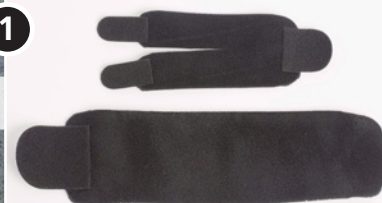


The strap has a low profile that can be worn under clothes. The friction surface prevents sliding. Make sure to also control the wrist, especially in extension and rotation as this is the major cause to the epicondylitis.

The NRX® Stable Wrist Wrap is a good alternative.



1



Cut the 110 mm NRX® Strap into an 80–90 mm wide strap. Attach the hook to one side. Cut the reinforcement from the 80 mm NRX® Strap PLUS. Slid it in the middle and attach a larger hook part on the end and two narrower parts over the straps.

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.