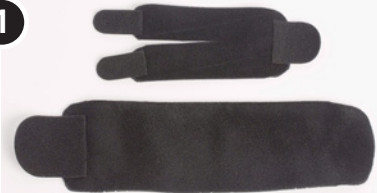


# NRX® Epicondylitis

**Material**

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

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.

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



**Lateral displacement**



**Medial displacement**

For the dynamic displacement reinforcement you can choose either lateral or medial displacement. Generally lateral displacement can be more effective in reducing pain on lateral epicondylitis but the effect is individual. You might try both applications and evaluate them functionally on the patient before choosing either of them. **See 4A and 4B on page 2.**



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.

**Caring instructions**

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



4A



#### Lateral displacement

Apply the NRX® Strap PLUS reinforcement over the medial part of the anchor. Apply tension and pull the first tab, then apply the second tab. Re-adjust the tension if you need more support.

4B



#### Medial displacement

Apply the NRX® Strap PLUS reinforcement over the lateral part of the anchor. Apply tension and pull the first tab, then apply the second tab. Re-adjust the tension if you need more support.

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.



© Mediroyal Nördic AB 2020