

# NRX® Hallux Valgus

Material

NRX® Strap 50 mm and 30 mm

1



Cut a 30 mm NRX® Strap, usually 35–45 cm is enough for most feet. Then cut a 50 mm NRX® Strap as the anchor strap. Attach the hook parts to each end of the 30 mm strap and on one side of the 50 mm anchor strap.

2



Start by attaching the strap around the big toe. Make sure that the hook tab is not applied on the bare skin as it might cause discomfort. The attachment should be angled in order for the strap to have the optimal angle to be attached over the ankle.

3



Pull the strap evenly and attach around the ankle. Make a second turn in order to make the attachment more secure.

### 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.

4



Attach the hook tab either around the ankle or onto the side of the strap. Make sure that the bare skin is not exposed to the hook.

5



Now attach the 50 mm strap slightly behind the metatarsal arch in order to secure the strap. After the application, the strap construction can be worn with a normal sock over and can be used directly in the shoe. The tension in the strap might have to be adjusted individually after some time.