

Hyper-Extension Support Elbow

Materials

Anchors in 50 mm NRX[®] Strap PLUS, Hyper-extension straps in 50 mm NRX[®] Strap and strap reinforcements in 30 mm NRX[®] Strap PLUS.



1 Start by applying the two NRX[®] Strap PLUS anchors about 10-12 cm above and below the elbow joint.



2 Apply the 50 mm NRX[®] Strap on the ulnar side of the lower anchor and attach it to the radial part of the upper anchor.



3 Apply the second 50 mm NRX[®] Strap as a criss-cross strap, starting from radial side of the lower anchor and attaching it on the ulnar side of the upper anchor. The two criss-cross straps will now provide a dynamic extension support.



4 The 30 mm NRX[®] Strap PLUS can be used to reinforce the extension support to be more distinct. Apply the strap in the center line of both of the 50 mm NRX[®] Straps. Adjust tension if you want more distinct support.



5



Try the hyper-extension control. To further increase the control you could either shorten the 50 mm NRX® Straps or tighten the 30 mm NRX® Strap PLUS.

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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