

# NRX<sup>®</sup> Hip Rotation

**Material**

NRX<sup>®</sup> Strap 110 mm and NRX<sup>®</sup> Strap Double 110 mm

1



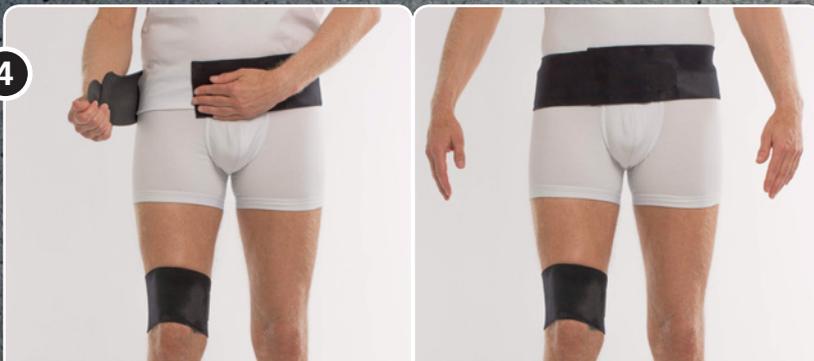
Cut the waist belt from NRX<sup>®</sup> Strap Double 110 mm for more stability. The thigh cuff should be cut in NRX<sup>®</sup> Strap 110 mm. The rotation strap can be cut in either NRX<sup>®</sup> Strap 110 mm or the NRX<sup>®</sup> Strap Double for more stability.

2



Apply the thigh cuff at the lower part of the thigh and secure with the hook tab.

4



Then attach the waist belt and secure it with the hook tab.

**Caring instructions**

The NRX<sup>®</sup> 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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4



The rotation strap should be attached with one large hook tab in each end. Attach the first end on the medial side (for external rotation). Pull the rotation strap evenly and let it run externally on the thigh and over the buttocks and attach it on the back side of the belt. You might have to adjust the length of the rotation strap. You can also attach two straps for a stronger external rotation force if needed. For internal rotation attach the strap on the lateral side and run it in the opposite direction.