

NRX® Patella Tendon

Material

NRX® Strap 50 mm and NRX® Strap PLUS in 30 mm or NRX® Strap 30 mm

1



Cut the 50 mm strap so the length covers the circumference of the knee plus 3 cm. Attach the hook tab to one side. Cut the reinforcement strap from NRX® Strap PLUS 30 mm for more static support or from NRX® Strap 30 mm for more dynamic support. Make sure that the length is at least 4–5 cm.

2



Attach the strap around, covering the patella tendon, tibial tuberosity and apex patella.

3



Attach the reinforcement strap in the center of the patella tendon. Stretch the strap and apply the force evenly over the tendon.

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.