

NRX® Wrist for TFCC

Material

NRX® Strap Strap 110 mm and 50 mm and
NRX® Strap PLUS 50 mm

1



Cut the wrist part from the 110 mm NRX® Strap. The small reinforcement should be cut from the NRX® Strap PLUS and the arm strap in 50 mm NRX® Strap.

2



Start by applying the thumb through the hole. Run the strap around the wrist to support the dorsal and ulnar side. Secure it with the hook tab. Then apply the lower strap the same way.

3



Apply the NRX® Strap PLUS reinforcement over the volar part. Stretch the strap as much as possible and apply it over the ulnar part to compress and support the ulnar bone and the TFCC ligament area. It might be beneficial to position the arm in a neutral position to reach a higher stability over the ulnar part.

4



Last apply the 50 mm NRX® Strap over the middle of the lower arm. This strap could also be made in NRX® Strap PLUS for more stability. For larger arms we recommend to cut the strap from the 110 mm width into a 60–75 mm with in order to get more rotation stability.

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.