

mediroyal 

NRX[®] Strap Inspiration



Vi hjælper dig
- med fortsat at være i bevægelse!



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Buddy Loops

Material

NRX® 30 mm + 2 hook tabs

1



Cut two strips in the desired width and approx 8 cm long. Adjust the width of the hook parts to the width of the strips.

2



Apply the first strap below the joint that needs support. Place the NRX® strap between the fingers and wrap it around.

3



Attach the lower strap with the hook part. Don't over tighten. Apply the upper strap the same way and fold around the finger.

4



Attach the hook part and test the stability. If needed adjust the strap tension

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.

Finger Extension Assist, Multiple joints

Material

Mediroyal Manex Radial MR2285, NRX[®] 50 mm and 30 mm + 2 hook tabs

1



This application requires the Manex Radial MR2285. It needs to be shaped with the thermoplastic piece inside the support to provide a stable base for the dynamic pull. Cut a 50 mm NRX[®] strap in approx 6-7 cm length. Round the edge and cut two holes for the fingers. The holes should be big enough to be able to slide the strap onto the fingers without restricting the blood flow. Attach the hook tab onto the other side. Then cut a second strap of the 30 mm NRX[®] strap. Round the edge and cut a hole approx 4 mm from the edge. Attach the hook tab onto the other side.

2



Apply the 50 mm strap over the two fingers and make sure that the loops are close to the MCP joint. Pull carefully to align the MCP joints.

3



Attach the strap onto the Manex Radial platform. Make sure that the MCP joints are neutrally aligned and not over extended.

4



Apply the 30 mm NRX[®] strap over the affected finger and stop in front of the PIP joint. Stretch slightly without over extending the joint. Make sure that the hole in the strap is not too large so it slides over the PIP joint.

5



When correctly applied it should align the PIP joint with the MCP joint without over extending. Test the functionality on the patient. The straps should assist extension and patient should be able to flex without a problem.

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.

Finger Extension Support

Material

NRX[®] 50 mm + 1 hook tab

1



Cut a the NRX[®] 50 mm strap in the circumference length of the finger plus 2 cm

2



Apply the NRX[®] 50 mm strap around the finger with the fold on the dorsal side and attach with the hook part. For additional flexion support you can add another hook part on the palmar side of the strap. That will provide more flexion control.

3



If you want the PIP joint to be free, simply make a cut-out for the joint in the NRX[®] strap. Trim the width of the hook so the fit the strips on the NRX[®] part.

4



Fold the NRX[®] material around the joint and secure it with the hook parts.

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.

NRX® STRAP

– One strap, unlimited options!

MCP Extension Assist

Material

NRX® 30 mm and 50 mm + 2 hook tabs



Cut a 50 mm NRX® strap to fit the circumference of the wrist plus 2-3 cm. Then cut a 30 mm NRX® strap, approx 5-6 cm long. Round one of the ends and cut a small hole 3-4 mm from the edge. The hole should fit over the finger without restricting the blood flow.



Attach the 50 mm NRX® strap over the wrist and close with the hook tab.



Attach the strap onto the Manex Radial platform. Make sure that the MCP joints are neutrally aligned and not over extended.



Attach the hook part to the wrist strap. Adjust the length of the finger extension strap if needed. Test the functionality of the patient. If needed adjust the tension.

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.

Stable Wrist Wrap

Material

NRX® 110 mm + 2 hook tabs



1

Cut a 35-40 cm length of the NRX® 110 mm strap. In the middle of the strap, cut a hole for the thumb, off center. Under the thumb hole you cut a curve. The space between the top of the curve and hole should be 15-25 mm. Cut a shaped curve from the 10-15 mm from the top of the hole and angle it towards the end of the strap on one side. Do the same on the other side but keep this part slightly wider. Splint the end of that part.



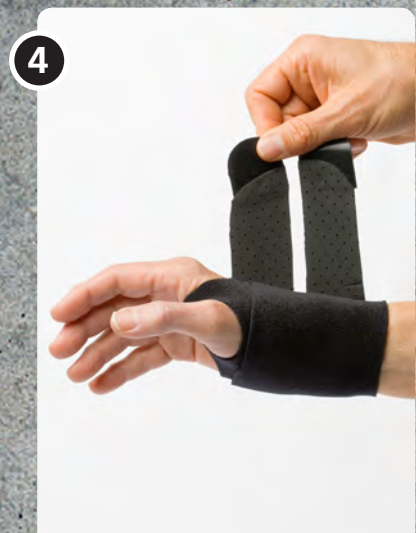
2

Position the thumb through the hole and let the wider part of the strap run over the volar side.



3

Apply the narrow strap that goes on the dorsal side around the wrist and secure it again on the dorsal side.



4

Wrap the wide part on the volar side around the wrist. You might have enough material to do two turns. If that feels too bulky, simply trim the length of the strap.

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.

5



Once the straps are attached it should provide a good support and compression to the wrist area. If needed, re-tighten the straps. If you want to restrict more extension, put a wide hook tap on the surface under the straps. If you need more ulnar support, apply a strip over that area too.

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 bode 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.

NRX[®] STRAP

– One strap, unlimited options!

Supination Assist

Material

NRX[®] 50 mm + 2 hook tabs

1



Start by cutting approx. 50-60 cm length of NRX[®] 50 mm strap.

2



Cut down the sides of one end of the strap so its 25-30 mm wide.

3



Trim the hook part so it fits the width of the end and attach it.

4



Attach it around the thumb with support over the thenar eminence.

5



If possible, position the hand and arm in a neutral position, stretch the NRX[®] strap slightly and wrap it around the lower arm with 5 cm in between the strap turns. Make sure that the compression is even and not too tight.

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.



6

When reaching the elbow crease, apply the strap from the base of the ulnar side and pass over the crease. Then apply the strap over the biceps. If you are using an ErixThree shoulder brace to control the shoulder, you might attach the strap higher onto the shoulder brace surface.



7

When the strap is applied correctly it should provide a dynamic supination of the wrist and lower arm.



8

If you need a dynamic extension of the wrist, cut a 30 cm long strap of the NRX® 30 mm. Attach a hook part in each end. Apply one end onto the radial side of the surface of the first turn on the lower arm.



9

Let the strap run under the MCP joints and attach it onto ulnar side of the second or third turn. The attachment can also be positioned on the radial side for a higher ulnar extension effect. To prevent the strap from separating, a hook part can be attached to hold them together.



10

When correctly applied the patient will get a dynamic extension effect in combination with supination assist.

Thumb Abduction Sling

Material

NRX® Double 30 mm + 2 hook tabs



1 This application requires the NRX® Double strap. Cut the shape according to the picture. Make sure to make a slid in the material. Pull the side strap through the slid to create a small loop. This will be the thumb piece, the cut out if the webspace between the thumb and the index finger. Adjust this before application. Cut the width of the hook parts if necessary and apply it on each end. The hook on the thumb base should be attached on the inside with the hook facing outwards.



2 Apply the sling over the thumb and pull the strap over the dorsal side.



3 Pull the strap from the dorsal side and attach it onto the hook part sticking out.



4 Attach the strap on the ulnar side.



5 When correctly applied the patient should feel an abduction support. If needed trip the edges on the sling further.

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.

Thumb Abduction Strap

Material

NRX® 30 mm and 50 mm + 3 hook tabs



1

Cut a 50 mm NRX® strap to fit the circumference of the wrist plus 2-3 cm and apply around the wrist and secure with the hook tab. Then cut a 30 mm NRX® strap, approx 8-10 cm long.



2

Apply the strap around the thenar eminence and secure with the hook tab



3

Attach a hook tab to the other end and pull carefully to provide abduction support to the thumb.



4



Attach the the strap to the ulnar side for a more effective support. If needed adjust the length of the strap. The strap can also be attached on the dorsal part of the wrist strap if less abduction support is needed.

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.

Thumb Abduction Support

Material

NRX® 30 mm + 2 hook tabs

1



Cut a 35-40 cm long strip of the 30 mm NRX® strap. Attach the hook parts on each end of the strap. Apply the strap over the thenar eminence.

2



Attach the hook part on the dorsal part of the thumb, creating a sling.

3



Apply the strap one turn around the dorsal side of the hand and turn back to the thumb.

4



Take another turn around the thumb to support the base of the thenar eminence.

5



Stretch the NRX® strap slightly and run it over the dorsal side of the hand again.

6



Attach the strap on the volar side of the hand with the hook tab. The strap can also be shortened and attached on the dorsal side if preferred.

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.

7



When correctly applied the patient should feel a slight abduction support from the sling.

NRX[®] STRAP

– One strap, unlimited options!

Thumb & Wrist Wrap

Material

NRX[®] 110 mm + 2 hook tabs



1 Cut 15-20 cm of the NRX[®] 110 mm strap. Start with rounding one side and the cut a hole about 5 mm from the edge, slightly off center. Try the strap on the wrist and cut down the width to fit the patient. You can chose to have a solid end (lower design) or a split one (upper design). The split design can be easier to apply and can also provide a more distinct support. If you are not sure, start with the solid end and later cut a splint in it.



2 Apply the hole over the thumb and pull the wrap over the dorsal part of the hand. Make sure that the fit over the thumb is good and that the hole is not too small.



3 Apply the straps around the wrist so the support feels comfortable.



4 Attach the hook tab over the dorsal/ulnar part of the wrist. Adjust the compression for more support.

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.

NRX® Epicondylitis

Material

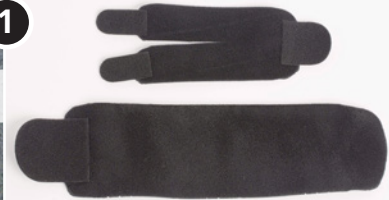
NRX® Strap 110 mm and NRX® Strap PLUS 80 mm



2

Attach the strap around the arm. The strap should be positioned about 4–5 cm below the elbow crease and should cover the largest part of the extensor muscles.

1



Cut the 110 mm NRX® Strap into an 80–90 mm wide strap. Attach the hook to one side. Cut the reinforcement from the 80 mm NRX® Strap PLUS. Slid it in the middle and attach a larger hook part on the end and two narrower parts over the straps.



3

Apply the NRX® Strap PLUS reinforcement over the lateral part of the extensor muscles. If used for medial epicondylitis, switch the attachment point to the medial side.



4

Use the straps to apply tension, start with the lower one and end with the upper one. Adjust the compression until it feels comfortable. For further pressure over the extensor muscles you might put 2–3 pcs of the pre-cut hook parts directly under the reinforcement strap in order to receive a more distinct support.

5



The strap has a low profile that can be worn under clothes. The friction surface prevents sliding. Make sure to also control the wrist, especially in extension and rotation as this is the major cause to the epicondylitis.

The NRX® Stable Wrist Wrap is a good alternative.



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.

NRX® Hip Rotation

Material

NRX® Strap 110 mm and NRX® Strap Double 110 mm



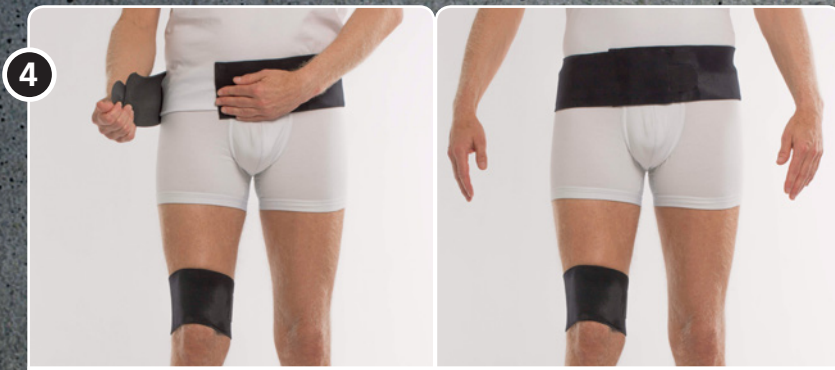
2

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



1

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



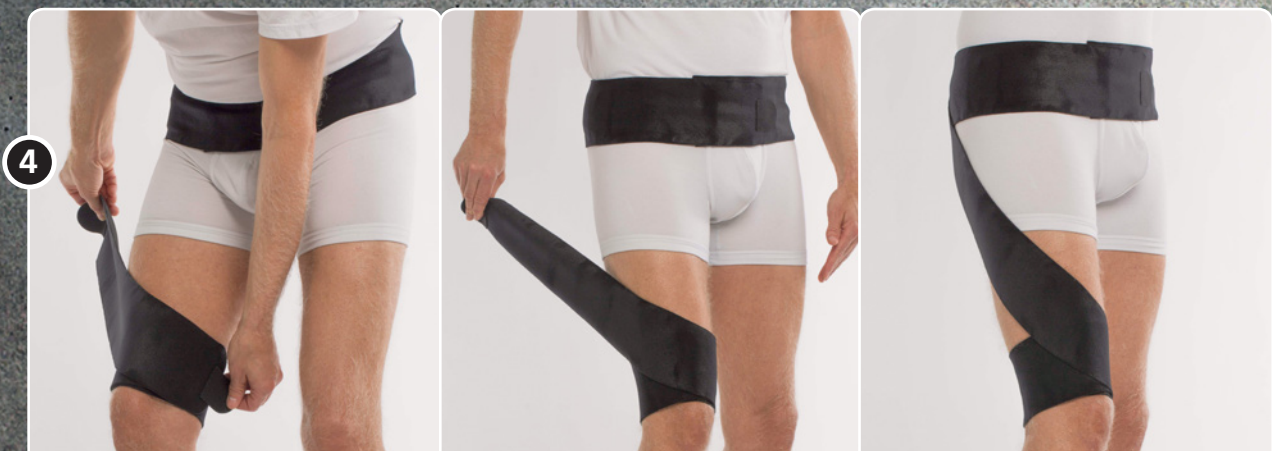
4

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

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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4

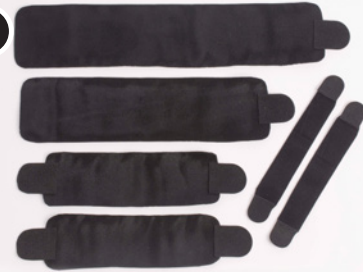
The rotation strap should be attached with one large hook tab in each end. Attach the first end on the medial side (for external rotation). Pull the rotation strap evenly and let it run externally on the thigh and over the buttocks and attach it on the back side of the belt. You might have to adjust 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.

NRX® Knee Ligament

Material

NRX® Strap 110 mm, NRX® Strap PLUS 50 mm or 80 mm

1



Cut a thigh- and calf anchor from the 110 mm NRX® Strap. Attach one hook piece onto one of the sides. Then cut two side wraps that should be equally long and with a width of 80–90 mm from NRX® Strap 110 mm. The alternative could be to use the NRX® Strap PLUS in 80 mm for more stability. Attach hook tabs to each end. Then last cut two reinforcement straps from 50 mm NRX® Strap PLUS and attach hooks on each end.

2



Apply the thigh and calf anchors with some compression and fixate them with the hook tabs.

3



Attach the first side wrap onto the backside of the medial part of the calf anchor. Pull the strap externally with an even tension wrapping the strap just under the patella, covering the lateral collateral ligament and attach it on the lateral side of the thigh anchor.



Now attach the second side wrap to the back side of the lateral calf anchor. Pull the strap just under the patella, covering the medial collateral ligament and attach the tab on the medial part of the thigh anchor.



Attach the first reinforcement strap on the lateral part of the calf anchor. Run it over the area of the side wrap and attach it on the medial side of the thigh anchor. You might have to adjust the tension in the strap depending in what degree of flexion/extension the exact support is needed. That has to be tested individually. You might run both reinforcement straps the same way in order to provide more force or alternate with a strap on the opposite side.



You might have to alternate the strapping in order to reach the exact stability that your patient need. Sometimes NRX® Strap PLUS can be more effective as anchors due to the higher compression. Start with the regular NRX® Strap for your first application and then upgrade the application if needed.

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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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.

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NRX® Ankle

Material

NRX® Strap 110 mm and NRX® Strap PLUS 80 mm



This application is for lateral ankle instabilities. For medial, simple reverse the application. Attach the loop around the heel and run the strap over the lateral ligaments. Make sure that the stretch is even. Run the strap over the arch area and in under the foot.



Make sure that the strap covers the lateral part of the foot. If you attach the support further in the front on the lateral part you will get more lateral stability. Position the foot in dorsiflexion and use the first strap to elevate the foot.



Run the strap around the ankle and attach it on the medial side with the hook.



Start by cutting the 110 mm NRX® Strap, the length depends on the volume of the ankle, usually 45–55 cm is enough. Cut a hole for the heel on one side and slid the opposite part. Then cut the reinforcement from the 80 mm NRX® Strap PLUS.



Run the second strap the same way as the first strap, adding more compression to the lateral side. Secure the strap on the upper side with the hook.

6



Attach the NRX® Strap PLUS on the lateral side with a larger hook part. Make sure that the angle is adjusted to the compression in both of the straps are even.

7



Dorsiflex the foot and attach the first strap on the medial side of the ankle. Then attach the second strap from behind.



8



You might have to adjust the reinforcement to find the right individual support.



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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NRX[®] Hallux Valgus

Material

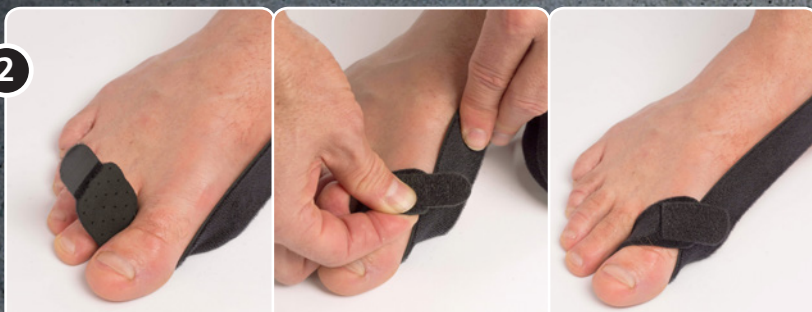
NRX[®] Strap 50 mm and 30 mm

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.

NRX® Hammertoes

Material

NRX® Strap 50 mm and 30 mm

1



In order to provide flexion to the metatarsal joint it might be easier to connect two joints at the same time. Try this individually. The anchor strap that goes around the fore foot should be in 50 mm. The double connection strap should be in 50 mm width or if you choose the single joint version, then cut it in 30 mm. Make sure to cut the holes circular.

2



Start by attaching the anchor strap around the fore foot. You might attach it over the metatarsal joints if it works for the patient. Make sure to secure it with the hook tab on the top of the strap.

3



Start by attaching the anchor strap around the fore foot. You might attach it over the metatarsal joints if it works for the patient. Make sure to secure it with the hook tab on the top of the strap.

4



The tension of the flexion strap might have to be adjusted after some time. Try the application with the patient for 5–10 minutes before adjusting. The flexion strap might have to be replaced after some time due to normal wear and tear.

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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NRX[®] Strap

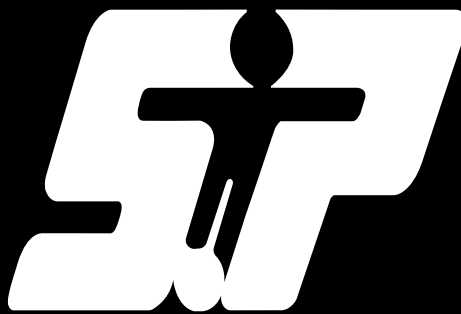
– One strap, unlimited options!

- EU446030 NRX[®] Strap 30 mm width, 3,1 meter, Black
- EU446050 NRX[®] Strap 50 mm width, 3,1 meter, Black
- EU446110 NRX[®] Strap 110 mm width, 3,1 meter, Black
- EU446001 NRX[®] Low profile pre-cut hook for 30 mm strap, 10 pcs/pack
- EU446002 NRX[®] Low profile pre-cut hook for 50 mm strap, 10 pcs/pack
- EU446003 NRX[®] Low profile pre-cut hook for 110 mm strap, 5 pcs/pack



The NRX[®] material has been tested for skin irritation by the *SGS Ultra Trace & Industrial Safety Hygiene*.

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