

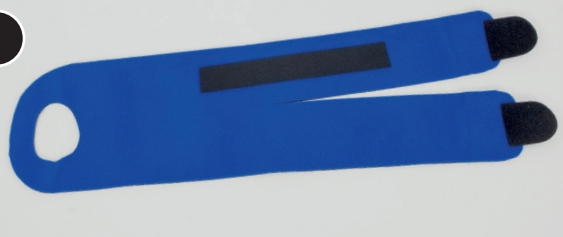
NRX[®] Heat Tape and NRX[®] Ankle Application

Material

NRX[®] Heat Tape can be used to reinforce your NRX[®] Strap application to add more stability and restricted stretch. In this application we will use the NRX[®] Strap Ankle application and NRX[®] Heat Tape to provide more lateral and dorsiflexion support.

- NRX[®] Strap 110 mm
- Heat Tape 22 or 35 mm

1



Cut the pattern according to the NRX[®] Ankle instruction from 110 mm NRX[®] Strap. Try the application on to determine where to position the reinforcement and how long it should be. Use a 22 mm or 35 mm NRX[®] Heat Tape and cut the appropriate length. Position the tape on the NRX[®] Strap material.

2



Position the material on a heat resistant surface. Cover the material with a baking paper or Teflon sheet. Set the iron on medium heat (two dots) and press the NRX[®] Heat Tape for 10–15 seconds. Check that the edges has bonded. If not, repeat the process. Then let the material cool for 1–2 minutes before application.

3



Apply the material over the heel and stretch it slightly. Make sure that the reinforcement ends up on the distal strap, running under the plantar surface.

4



The NRX[®] Heat Tape should provide more support to the lateral part and at the same time provide assistance in dorsiflexion. Make sure that the end of the strap has enough elasticity.

5



Apply the strap around the ankle and attach the hook part. To provide even more support, the patient can actively dorsiflex the ankle during application.

6



Pull the second strap to its maximum elasticity, attach it slightly behind the malleolus and wrap it around the ankle. This strap will provide more active lateral stability when loaded.

7



Secure the strap onto the dorsal part of the foot. Test the stability actively and if needed add more compression to the straps. The reinforced NRX® Heat Tape will now provide both active foot lift and lateral stability to the FTA ligament (ligamentum fibulotalare anterior).

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.