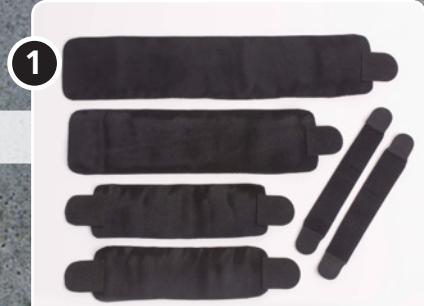


## NRX® Knee Ligament

**Material**

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



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.



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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