

NRX

NRX® STRAP

– One strap, unlimited options!



AlfaCare

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.

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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.

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MCP Extension Assist

Material

NRX[®] 30 mm and 50 mm + 2 hook tabs

1



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.

2



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

3



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

3



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.

The Mediroyal logo is displayed on a blue rectangular background. It consists of the word "mediroyal" in a white, lowercase, sans-serif font, followed by a stylized white graphic element resembling a wave or a stylized letter 'M'. To the right of the blue rectangle is a vertical yellow bar.

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 slit in the material. Pull the side strap through the slit 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.

7



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

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 & 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 then 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 choose 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.

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