

NRX[®] Supination Assist MCP Anchor

This is an alternative application to the NRX[®] Supination Assist, keeping the thumb completely free. For details how to cut the strap, refer to the NRX[®] Supination Assist instruction.

Material

50 mm NRX[®] Strap or 60 mm NRX[®] Strap Neptune + 2 hook tabs
30 mm NRX Strap + 1 hook tab.

1



Cut the 30 mm NRX strap and apply it circular around the MCP joints. Make sure that the anchor is securely attached and does not disturb circulation.

2



Attach a hook to the narrow cut part of the 50 mm strap. The hook can be positioned either on the dorsal part of the anchor, close to MCP II or III, or on the volar part for more control. You might adjust the position after you have completed the application.

3



Run the strap over the ulnar part of the palm, directing it close to the DRU-joint. Then continue to strap the arm with an even tension, turn by turn. Make sure not to overstretch the material. You might passively position the arm in supination for more support during the application, rather than stretching the strap.



Continue 2–3 turns around the lower arm. Run the strap over the medial epicondyle and over the elbow crease, then up onto the biceps. A light pressure in the elbow crease can promote passive extension of the elbow.



Attach the hook over the biceps. Evaluate the effect on the patient. If more supination assist is needed, you might adjust the strap position on the MCP anchor.



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.