



SRX[®] Strap Graded Finger Compression

Material

80 mm or 100 mm SRX[®] Strap



1

Select the right width of the material by measuring the finger length from MCP-joint to the fingertip. Cut approx. 10–15 cm length, that fits most fingers. If the fingertip should be open, cut away material with a pair of scissors.



2

For the construction to fit a conical finger, cut a curve on the side that follows the shape of the finger. It will make the application much easier.



3

Wrap the material until it meets the other side. Mark the attachment with dots or a line. That will indicate how deep you should cut the straps.



4



Note where the position of the PIP-joint is in the construction. The material in front of the PIP should be cut into three strips and the remaining material below into two strips. Always cut a few mm over the line.



5

Apply the construction over the finger. Start with the first distal strap, then continue with the other two straps. They should be attached to the dorsal side.



6



Then close the two proximal straps.

7



Continue to make another turn with all straps, going distal to proximal. Stop on the dorsal side and cut the overlap over the central location. That will prevent the straps from opening when mobilizing the finger.

8



The application allows mobilization without restrictions. Start flexion isolated over the PIP- and DIP-joints, then allow full flexion of the finger from the MCP-joint. That way the straps will be separated allowing a better range of motion.

Care instruction

The application should be machine washed at 40 degrees C at least once a week to assure the fixation of the material.

