

NRX[®] Elbow Flexion Contractures or Ulnar Nerve Entrapments

Material

NRX[®] Strap 110 mm and 50 mm. The cuffs can also be made in NRX[®] Strap PLUS 110 mm for more stability.

1



Start by cutting the set. One cuff for the upper arm, one for the wrist, the extension part and the elbow crease strap.

2



Apply the cuff on the upper arm. The higher the position is the more lever arm in extension will be reached.

3



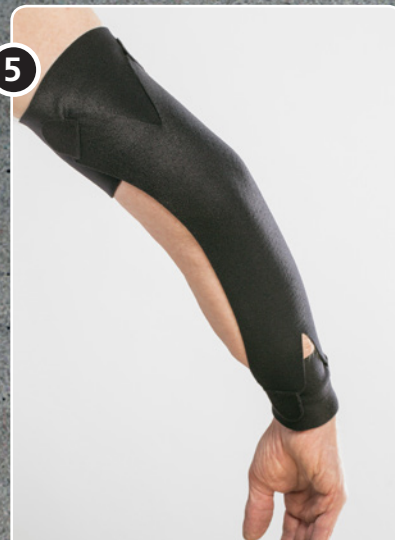
Apply the cuff over the wrist.

4



Apply the split upper part of the extension strap to the sides on the upper arm cuff.

5



Stretch the extension part so it covers the elbow joint. You might have to adjust the length of the extension part in order to get a higher degree of extension. Always start with a low force on contractures and gradually adjust it!

6



Apply the split extension part to the sides of wrist cuff.



Finish with applying a strap over the elbow joint. This will help to position the extension part and also provide some proprioception to the elbow crease area.

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.

The application can also be applied onto the NRX940 ErixThree® Neuro to control the shoulder position. The upper cuff is not needed. The straps can be applied directly to the surface of the ErixThree® Neuro.



© Mediroyal Nördic AB 2019