

# Thumb & Wrist Wrap

**Material**

NRX<sup>®</sup> 110 mm + 2 hook tabs



1 Cut 15-20 cm of the NRX<sup>®</sup> 110 mm strap. Start with rounding one side and the 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 chose 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<sup>®</sup> 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.