

## NRX<sup>®</sup> Heat Tape Thermoplastic Thumb Strap

### Material

NRX<sup>®</sup> Heat Tape can be used to reinforce your NRX<sup>®</sup> Strap application to add more stability and restricted stretch. Immo Plus thermoplastic material can also be integrated for a more precise support and stability.

In this application we use a combination of:

- NRX<sup>®</sup> Strap Neptune
- NRX<sup>®</sup> Heat Tape
- 1,6 mm Immo Plus Classic thermoplastic



1



Cut a 30 mm NRX<sup>®</sup> Strap Neptune material in the appropriate length. You can find more details in the NRX<sup>®</sup> Thumb Abduction Support instruction. 35–40 cm is usually enough for most thumbs.

2



Attach one of the hook tabs to the surface. Then cut a 10 mm wide strip of 1,6 mm Immo Plus Classic with a length of 6–7 cm. Try the thumb strap on the thumb and mark where the hook attaches to the strap. That is the maximum length lamination can go. Cut the thermoplastic strip so it ends 10 mm from the hook attachment point. Position it side by side to the hook part.

3



Cover the thermoplastic strip with the heat tape. Make sure that parts of the hook also gets covered. This makes application easier.

4



Position the material on a heat resistant surface. Cover the material with a baking paper or Teflon sheet. Set the iron on medium heat (two dots) and press the NRX<sup>®</sup> Heat Tape for 15–20 seconds. The thermoplastic will bleed through the material when ready.

5



When the baking paper or Teflon paper is removed the thermoplastic part should be visible through the heat tape.



6



Apply the thermoplastic around the thumb with a slight stretch, just over the thenar eminence, and close it below the end of the lamination. Wait for 15–20 seconds before continuing the wrapping. This prevents lint from the Neptune-lining to attach to the thermoplastic surface, as it can be sticky when hot.

7



Continue to the strap the thumb. Make sure to use a bit of stretch in the second layer covering the thermoplastic to get a snug fit. End by attaching the strap on the dorsal side with a hook.

It will take 3-4 minutes for the thermoplastic to set and the strap should be kept on the for complete time for the best result.

Once the thermoplastic has set the strap can be easily removed. There is no need to open the thumb part. Re-application is easily done by sliding the thumb into the loop.



#### Caring instructions

When washing, note that 40 degrees C should not be exceeded in a wash machine as it might deform the thermoplastic.