

# Thumb Abduction Support

## Material

NRX<sup>®</sup> 30 mm + 2 hook tabs

1



Cut a 35-40 cm long strip of the 30 mm NRX<sup>®</sup> strap. Attach the hook parts on each end of the strap. Apply the strap over the thenar eminence.

2



Attach the hook part on the dorsal part of the thumb, creating a sling.

3



Apply the strap one turn around the dorsal side of the hand and turn back to the thumb.

4



Take another turn around the thumb to support the base of the thenar eminence.

5



Stretch the NRX<sup>®</sup> strap slightly and run it over the dorsal side of the hand again.

6



Attach the strap on the volar side of the hand with the hook tab. The strap can also be shortened and attached on the dorsal side if preferred.

7



When correctly applied the patient should feel a slight abduction support from the sling.

## 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.