

# NRX® SOFT SPLINTING WORKSHOP

FOR

PHYSIOTHERAPISTS & OCCUPATIONAL THERAPISTS



**FRIDAY 31.5. - SATURDAY 1.6.2024**

Glashaus Hotel, Belgard Square, Tallaght,  
Dublin 24, D24 AT84

mediroyal

SHOPtherapy

Smart Hand Occupational Physiotherapy Supplies

# COURSE OBJECTIVES

The main goal of Physiotherapy and Occupational Therapy is the restoration of function, or its modification, enabling our patients to return to daily activities, work or sport / leisure activities.

Providing the individual with orthopaedic support or soft splint is one of the rehabilitation approaches to achieve this goal.

NRX® Soft Splinting workshop will provide you with all relevant information and knowledge needed to start using the NRX material in your own clinical practice. The greatest advantage of this concept is being able to make effective tailor made orthoses “on the spot”, whether it is in the hospital, residential home, clinic or on the pitch.

At the end of the workshop participants will be able to:

- know the differences in materials and their effects.
- indicate their use for the production of orthoses for selected diagnoses
- make some basic orthoses from NRX® materials for fingers, thumb, wrist, forearm, elbow, hip, knee, ankle and foot.
- understand the reasoning behind the use of NRX® materials in rehabilitation.



PRESENTER

**THOMAS ERIKSSON**

Thomas Eriksson began his career as a certified clinical orthotist before moving in to product development and design. Thomas has experience in every level of orthotic assessment, design and manufacture including training of clinicians and technicians. He continues to manage the research and development department at Mediroyal Sweden and presents to clinicians internationally. He holds 30 individual patents and design protections.

# PROGRAM



**DAY 1**

*Friday 31st April, 9am - 4pm*

## LOWER LIMB APPLICATIONS

### **8:45AM - 9:00AM**

Registration

### **9:00AM - 1:00PM**

- Introduction to soft splinting with NRX® materials - types, basic differences and uses
- Lab 1:
  - Hip rotation
  - Knee ligaments

*BREAK*

- Lab 2:
  - Patella tendon
  - Patella subluxation
  - Ankle instabilities

### **1:00PM - 1:30PM**

*LUNCH*

### **1:30PM - 3:30PM**

- Lab 3:
  - Foot drop
  - Arch Strap
  - Hammer Toes
  - Gait biomechanics - insoles and posting wedges

### **3:30PM - 4:00PM**

- Demonstration of Mediroyal knee orthoses
- Discussion, Q&A
- Closing of the workshop, Certificates, Feedback

# PROGRAM



**DAY 2**

*Saturday 1st May, 9am - 4pm*

## UPPER LIMB APPLICATIONS

**8:45AM - 9:00AM**

Registration

**9:00AM - 1:00PM**

- Introduction to soft splinting with NRX® materials - types, basic differences and uses
- Lab 1:
  - **Finger** - PIP/DIP joints, Extension assist MCP/PIP/DIP, Flexion assist MCP/PIP/DIP, compression finger sleeve

*BREAK*

- **Thumb** - CMC/MCP instabilities, Crutch walkers with CMC issues, CMC thumb reinforcement, other individual solutions

**1:00PM - 1:30PM**

*LUNCH*

**1:30PM - 3:30PM**

- Lab 3:
  - **Wrist** - general wrist instabilities, TFCC tears
  - **Elbow** - epicondylitis, forearm pronation and supination assist
- shoulder applications with ErixThree Neuro shoulder + BOA 3-point system
- Manex radial application
- Introduction to lamination with NRX® heat tapes and thermoplastic materials

**3:30PM - 4:00PM**

- Discussion, Q&A
- Closing of the workshop, Certificates, Feedback

# ADDITIONAL INFORMATIONS

- Please arrive on time, the registration starts at 8:45AM each day
- Wear loose comfortable clothing or bring shorts - this is a practical workshop and we will be working in pairs making the soft splints on both upper and lower limbs
- Luas stop is outside of the hotel, free secure underground car park at the venue



## WHAT TO BRING:

- sharp scissors
- pen or pencil

## WHAT IS PROVIDED (FOR YOU TO KEEP):

- measuring tape
- manuals for making the soft splints
- NRX® and SRX® materials - the soft splints you will make
- practical pouch to keep everything you need to make the soft splints

## CONTACT INFORMATION:

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Workshop fee: **€100** for 1 day or **€160** for 2 days

To Register: email us on [\*\*info@shoptherapy.ie\*\*](mailto:info@shoptherapy.ie)