

NRX® SOFT SPLINTING WORKSHOP

FOR
HAND THERAPISTS



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 Hand Therapy is the restoration or modification of hand function, enabling our patients to return to daily activities, work or sport and 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, clinic or residential home.

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 and elbow
- 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



Saturday 1st June, 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 INFORMATION

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



WHAT TO BRING:

- sharp scissors
- pen or pencil
- optional: manicure scissors

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**

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