

NRX® SOFT SPLINTING WORKSHOP

FOR
PHYSIOTHERAPISTS , OCCUPATIONAL THERAPISTS &
OTHER MEDICAL PROFESSIONALS



mediroyal

SHOPtherapy
smart Hand Occupational PhysioTherapy supplies

TRAINING IN KILLARNEY

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.

PRESENTERS

SONA S DOWDS, MSc & JANA LALIKOVA, BSc

We are two therapists with passion for innovation. Jana has Degree in Physiotherapy and Diploma in Occupational Therapy, Sona is qualified physiotherapist with MSc in Rehabilitation Engineering. We both have more than 20 years of experience in the field of physiotherapy, specializing in Hand Therapy and MSK.

We are exclusive distributors of NRX® straps for Ireland and we offer training on creating custom orthoses using these materials.



VENUE

Perfect Therapy clinic, The Reeks Gateway, Killarney, Co.Kerry

TIME AND DATE

Once a month on a Saturday throughout the year. Stay updated on our website and social media for specific dates.

Each workshop lasts between 6 to 7 hours, typically from 10 AM to 4 PM or 5 PM. We'll begin with a 45-minute introduction to the materials and their applications, followed by the practical hands-on portion. The duration can also be tailored to suit your needs.

PARTICIPANTS

The workshop in the clinic is for **2-4 participants** to allow for individual approach.

Bring sharp scissors, pen or marker, optional: manicure scissors.

Wear loose comfortable clothing - this is a practical workshop and we will be working in pairs making the soft splints for lower and upper limb.

PRICE:

€150* per person

PRICE INCLUDES :

- NRX® materials for making between 12-15 orthoses - for keeping! (worth €150*) , measuring tape
- manual with detailed instructions for making 10+ soft splints
- practical pouch for washing the soft splints

YOU WILL ALSO GET:

- teaching, practical tips, case studies and our "know-how" **GRATIS**
- Certificate of Attendance
- *Members only* access to presentation and videos
- post-workshop support through WhatsApp group
- 20% discount on purchases through our website (valid for 5 working days after participating in workshop)

*the price will vary depending on which orthoses are being made during the workshop

EXAMPLE PROGRAM :



9:00AM - 1:30PM

- Introduction to soft splinting with NRX® materials - types, basic differences and uses

Lab 1:

- Finger - PIP/DIP joints, Extension assist MCP/PIP/DIP, SRX compression finger sleeve
- Thumb - CMC/MCP instabilities, Crutch walkers with CMC issues
- Wrist - general wrist instabilities, TFCC injuries
- Elbow - epicondylitis, forearm pronation and supination assist

1:30PM - 2PM *BREAK*

2PM - 4:30PM

Lab 2:

- Knee - patella tendon support, patella dislocation
- Ankle - ankle supports using NRX and SRX straps
- Foot - arch support, hammertoes, hallux valgus

Lab 3:

- optional other applications for upper and lower limb based on your caseload
- how to calculate prices for the orthoses

4:30PM - 5PM

- discussion, Q&As
- Certificates and feedback forms

This is only an example of the program covering most common ULs and LLs applications. The program can be tailored to cover applications for your specific clinical caseload needs.



WHAT ARE THE BENEFITS OF ATTENDING THE NRX® WORKSHOP?

NRX® MATERIALS – PROVIDING UNLIMITED OPTIONS

The main benefits of NRX® straps are:

- you can make support specifically for the client taking into account their specific need, size, purpose
- comfortable and soft to wear – excellent patients' compliance
- reusable and long lasting
- machine washable up to 60°C
- economical – finger and hand splints starting at €1

The benefits of attending NRX® workshop are:

- we will teach you the basic principles of using NRX® materials so that you can create your own splint designs for your individual clients
- the syllabus is flexible and can be adapted to your specific caseload – let us know in advance if there is anything specific you would like to cover
- small groups enable more attention and individual approach to every participant

CONTACT INFORMATION:

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