

INSTRUCTIONS FOR USE OF THE SUPINATION WRAP STRAP

Why use a supination wrap?

The supination wrap strap has been recommended for your child because he/she is having difficulty achieving a palm up position of the arm, usually related to a muscle imbalance in the affected arm.

What is it?

The wrap strap is an elasticized strapping material specifically selected for this purpose. The purpose is to use the elastic properties of the strapping material to position the arm and bring it back to a palm up position when at rest, while allowing the child to achieve a palm down posture when needed.

Wrapping Technique:

- Place the thumb hole in the wrap over the thumb with the short end pointing into the palm. Anchor another time with the second thumb hole.
- Position the child's arm in a palm up position (this is very important, so you may need a second pair of hands, especially as you are learning the technique).
- Wrap the strapping material up the limb, applying a very gentle stretch, and ensuring that the material is in contact with the arm at all points.
- Secure the wrap with Velcro, just below the armpit.
- Always ensure that the fingers maintain a pink color.
 - If the fingers are white or dark purple in color the wrap is probably too tight and must be removed and wrapped again.
- Your child may ignore the arm when first starting use of the wrap. This is normal for some children and should improve within a few days. If it does not, please discuss with your therapist.

Care:

- The strapping material may be hand washed. Hang to dry.

Recommended Wear Schedule:

Therapist: _____ **Contact number:** _____