

---

## Desensitization

Desensitization is designed to help your extremity feel less sensitive and more “normal” again. These techniques should not cause pain; however the stimuli may be uncomfortable until your sensitivity tolerance is built back up again. When you are able to tolerate five minutes of the first exercise, you are ready to progress to the second exercise. Keep going until you can tolerate all of the exercises.

Please perform these exercises five to six times per day (at minimum):

1. Gently massage the affected area using lotion (any kind is fine). Gradually apply more pressure when massaging.
2. Apply soft textured fabrics to the sensitive area (cotton ball, Q-tip, felt, etc.). Begin with a soft touch and work up to more firm pressure.
3. Apply rough textured fabrics to the sensitive area (corduroy, wool, burlap, etc). Begin with a soft touch and work up to more firm pressure.
4. Move the extremity through a container filled with dry rice, beans, corn kernels, macaroni or sand.
5. Apply pressure to the sensitive area using a marble or roll, an empty glass bottle or jar.
6. Tap the sensitive area with a soft material (foam, fabric, pencil eraser, etc.). Gradually increase the pressure and the hardness of the material.
7. Apply vibration to the sensitive area using a small appliance (blow dryer, hand held mixer, electric toothbrush, electric shaver, etc.).

The more often you perform these techniques, the faster your extremity will begin to feel better and less sensitive.