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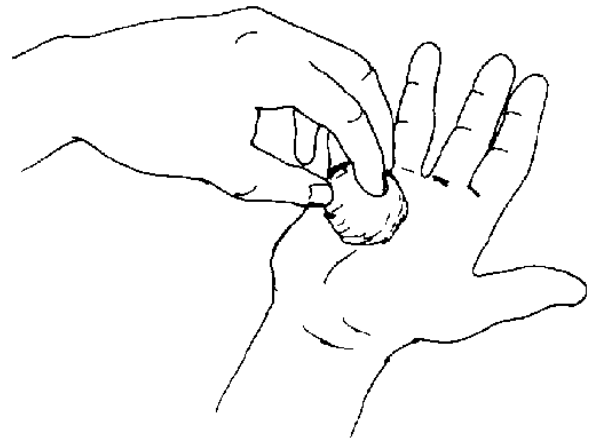
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DESENSITIZATION EXERCISES

**Do these exercises every 2 hours for 15 minute sessions.
Once the sensation becomes comfortable, progress to the
next texture or change the amount of pressure you apply.**

Use light pressure to rub these materials over sensitive areas:

- Cotton material
- Velvet
- Terry cloth
- Polyester
- Corduroy
- Wool

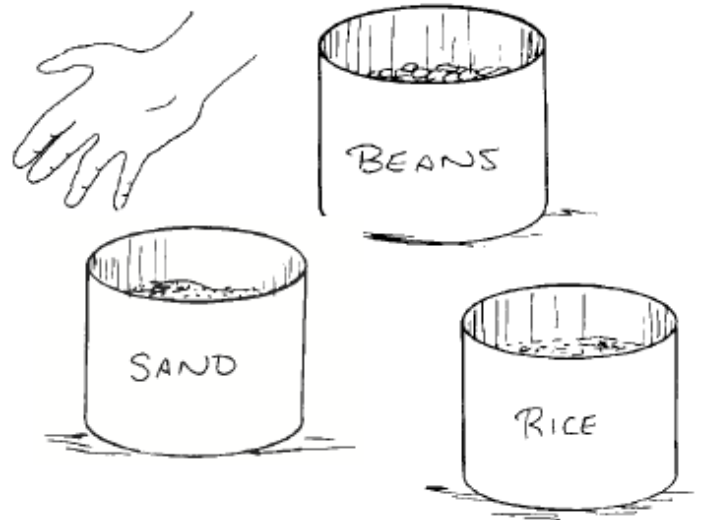


Use an empty roll-on deodorant bottle along sensitive areas.

**If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 562-9410.*

Place your hand / forearm in separate containers of the following:

- Dry rice
- Dry kidney beans
- Sand
- Styrofoam pieces
- Ball Bearings
- Un-popped popcorn
- Dry macaroni noodles



Tap along the sensitive areas, with eraser of a pencil.

Use a mini-massager, as tolerated, over sensitive areas.

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