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:
  o Cotton material
  o Velvet
  o Terry cloth
  o Polyester
  o Corduroy
  o Wool

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

☐ Place your hand / forearm in separate containers of the following:
  o Dry rice
  o Dry kidney beans
  o Sand
  o Styrofoam pieces
  o Ball Bearings
  o Un-popped popcorn
  o Dry macaroni noodles

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

☐ Use a mini-massager, as tolerated, over 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) 497-0445.