



Desensitization Program

A hypersensitive area on the hand or arm needs a desensitization program to normalize the sensation. You should start with the texture which causes the least discomfort. Rub the sensitive area lightly for 10 minutes, or until the area feels numb and no longer sensitive. Return an hour or two later to this same texture and rub. If this texture no longer feels hypersensitive, progress to a rougher texture. Do NOT return to the softer texture. Progress through the list ordered 1-11 below until you complete it.

- It is very important to be very consistent with this treatment. The closer you follow it, the faster you will find relief of your symptoms. You can perform this program multiple times during the day.
- You may find functional activities such as washing dishes, folding clothes, preparing meals etc. easier if performed after you desensitize.

Desensitization List:

1. Cotton balls
2. Flannel cloth
3. Cotton Fabric
4. Denim Fabric
5. Burlap
6. Raw peas or beans
7. Raw rice
8. Raw macaroni product
9. Metal (paper clips, back of spoon)
10. Tapping on edge of table or with pencil eraser
11. Vibration