

Graded textures/particles

The goal of desensitisation with graded textures or particles is to allow your hand to get used to different textures and progress to more irritating, but tolerable sensations.

Graded textures

1. Your therapist will supply you with a dowel that you have selected together or will advise you on material to use that you should wrap around a pen/pencil.
2. Roll, rub and tap the dowel over the sensitive area.
3. Do this for 5 minutes, 3 times a day.
4. As the dowel/material becomes more tolerable, move to a texture that is more stimulating or difficult.

Particles

1. Put particles of different textures into several bowls/containers. Your therapist will advise you on what you can use.
2. Place your hand or injured finger into the particles and move your hand about for 10 minutes, 3 times a day.
3. As the particles become more tolerable, move onto particles that are more stimulating. Your therapist can advise you.

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Desensitisation techniques

Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Background

Hand injuries are often very tender during the early healing phase. Unfortunately, this tenderness does not always go away by itself. Since the nerves in the hand are more sensitive than other parts of the body, after any injury the skin of the hand must get used to being touched again for the tenderness to go away. If you do not touch the sore areas of your hand, they will remain very sensitive and tender.

The techniques outlined in this leaflet will help to decrease the tenderness in your hands and fingers. It is normal for these activities to be somewhat uncomfortable while doing them or shortly afterwards.

Scar massage

The goal of scar massage is to stretch the scar tissue beneath the skin. It should be done several times throughout the day. The exercise not only helps improve tenderness but helps restore the skin to a more normal appearance. Here is how to do scar massage:

1. Place the fingertip/thumb tip of your other hand against the central area of the scar.
2. With your fingertip pressed firmly against the scar and without sliding, gently push the skin in circular motions. Do this for about 10 seconds.
3. Briefly relax and then move to another part of the scar until all areas of the scar are covered.

Percussion/tapping

This technique works on the basis that nerve endings become less responsive to repetitive stimulation. You should do this exercise as often as possible throughout the day. Here is how to do percussion:

1. Tap lightly on the area of your hand that is most tender. You can tap on the sensitive area with the fingertip of your other hand, with a light object such as a pencil or on a tabletop.
2. Begin to tap rapidly (2-3 times a second), lightly and continuously on the most tender area.
3. Keep tapping for 5-10 minutes or until you notice the feeling in the area change. The area may start to feel numb or it may simply feel a little bit less tender.
4. Take a minute rest and begin again. You may find that a different area is now the most tender spot.

Vibration

The goal of vibration is to stimulate the nerve endings that have been damaged and decrease sensitivity.

1. Find the area of your injury that is most sensitive.
2. Use a massager/electric toothbrush/electric shaver or anything that vibrates.
3. Apply to the skin around the sensitive area to start. As you feel able, move closer to the sensitive area until you are on the most sensitive point. This may take several attempts.
4. Do this technique for 5-10 minutes, 3 times a day.