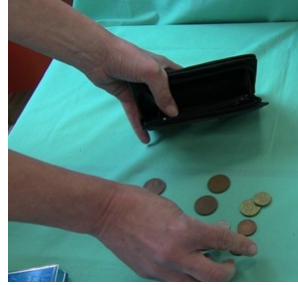


2. Compare the feeling (texture/shape) of a hidden object between the injured and uninjured hand
3. Carry a few objects in your pocket and try to identify them and think about their shape, texture, weight and which object you are touching.



## Sensory Re - education Phase 2

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Phase 2

Once you have some return of sensation, it is advisable to follow the activities described.

After a nerve injury, sensation and muscle activity of the hand are lost. Following surgery, as the nerve axons grow, you may experience hypersensitivity to light touch, which can be influenced by desensitisation to get used to normal touch again.

This recovery can be a slow and frustrating time, as you have to learn to interpret the new signals being sent from your hand to your brain. All our senses aid the interpretation of these signals, therefore vision and hearing can help improve our sensation.

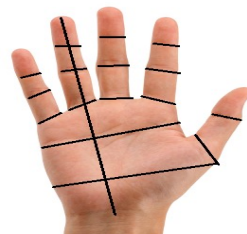
Phase 2 of your recovery is about interpreting these signals being sent to your brain to optimise your sensory recovery as it returns. At this point, we will look at progressing from “quantity” of sensation to “quality” of sensation recovery.

### Quantity of Sensation:

Start by assessing how much pressure you can feel, before progressing onto more tactile objects.

Press and move an object over an area with decreased sensation and then compare this to an area of normal sensation. Try and be consistent in areas of sensation tested as the picture shows.

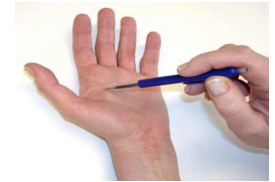
Is it static or moving? Does it feel different from the area of normal sensation? Repeat with eyes open then eyes closed.



Concentrate on Where, What,

How you feel the touch.

Is it where you touch or somewhere else?



Repeat with eyes open then eyes closed, and then when able to identify correctly, move to an adjacent area.

### Quality of Sensation:

If sensation begins to return to your fingers you will need to start exercises to help you to tell the difference between textures and shapes and to be able to identify objects.

Use the same principles as for the previous exercises. Repeat the touch first with your eyes open and then with your eyes closed until you feel you know what kind of object or material it is.

### Examples of how the training can be performed:

1. Touch a hidden texture/shape/object and try to identify it.

- Concentrate on what you feel; is it soft or hard, with sharp or blunt edges? What are the shape, size and texture?
- Were you correct? If not or if it was too difficult – touch and look at the same time.

