

## Mirror Therapy

By doing this you create an illusion that makes the brain think there is activity in the injured hand.

- Position the mirror so that the reflective surface is facing your unaffected hand and the injured hand is hidden behind the mirror.
- Start by simply looking at the reflection and concentrating for approximately one minute.
- Once you are comfortable with this, slowly start to move your unaffected hand whilst you watch the mirror image. Do this for a few minutes.
- Play games or move objects about whilst watching the reflection in the mirror e.g. draw a circle with your fingertip, put matches back into a box, stack a pile of cards.

If at any time you find a sensation uncomfortable or disturbing then simply stop the exercise and view both the hands without the mirror. The sensations should quickly pass.



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## Sensory Re - education Phase 1

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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.

Therapist: \_\_\_\_\_

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## Sensory Re - education

Sensation is a complex action with multiple factors of awareness of:

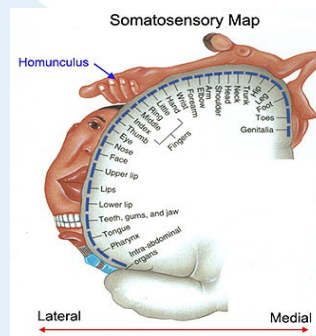
- Pressure
- Temperature
- Shape
- Texture
- Joint movement

Recovery can be divided into “quantity” and “quality” of sensation. The early stages or phase 1 assess the quantity of recovery and the late stage or phase 2 the quality of sensory recovery.

During phase 1 your therapist will map your sensory recovery using small nylon filaments, which will be repeated every 3-6 months.

Aim of sensory re-education is:

- To help maintain area on the sensory cortex in the brain that is dedicated to the hand
- To maximise and encourage sensory recovery of the hand.



This is aided by using your hand and watching your hand to train your brain to re-learn sensations.

To aid this you will follow specific exercises as demonstrated by your therapist.

## Phase 1

You will have little or no sensation in the injured area of your hand. During this period you may be in a splint and unable to move your hand. This stage focusses on imagining feeling and movement. It is also important to regain full passive movement.

### Exercises:

The exercises should be done for a few minutes several times per day. Aim for at least 10 minutes, 4 or 5 times daily. You need to concentrate, so will need a quiet and comfortable place to do your exercises.

- Watch other people using their hands during everyday tasks. Think about the feeling of normal touch when handling different textures, objects, shapes, weights and temperatures.
- Whilst watching and concentrating on your hand use your uninjured hand to touch or tap the areas of your injured hand or arm that have no sensation.
- Whilst watching and concentrating on your hand ask someone else to touch the areas of your injured hand or arm that have no sensations
- Stroke different textured materials across your hand and think about how each one feels, e.g. soft, fluffy, scratchy, rough.
- Imagined movement- imagine moving your hand into different positions and grips to create a strong visual picture in your head.

NB: we wouldn't expect you to feel the textures

