

# ORTHOARIZONA

Shelden L. Martin, M.D.

## Desensitization Program:

Desensitization is a program designed to help improve the feeling in your hand and therefore increase the ability to use your arm and hand in functional activities. This program is to be performed up to 10 minutes 2-3 times per day.

Beginning with the texture that creates the least discomfort, rub the sensitive area lightly on a fabric or dig in a container for up to 10 minutes or until the area is no longer sensitive.

For the next session, return to this same texture and rub or dig as before. However, if this texture seems to no longer cause abnormal feelings, it is time to progress to the next level. Do NOT return to the softer texture; continue to progress through the list until you complete it.

\*It is important to be very consistent with this treatment. The closer the program is followed, the faster you will find relief of your symptoms.

\*The desensitization activities need to be done while focusing on something else, i.e. talking or watching TV.

Level	Fabric	Container
1	Satin, moleskin, fur	Cottonballs
2	Flannel, T-shirt	Dry oatmeal
3	Cotton fabric, fleece	Dry lentils
4	Denim	Dry peas, beans
5	Corduroy, wool, terry cloth, burlap	Dry rice, unpopped popcorn
6		Uncooked macaroni
7	Tapping on edge of table	Metal (BB's, paper clips)
8	Vibration	

You can slightly increase the intensity of a container level by mixing pennies, marbles or beads in with your texture.

You can slightly increase the intensity of a fabric level by touching, rubbing, then tapping the fabric.

Therapist \_\_\_\_\_