

Patient information

Sensory Re-education

Therapies

While your nerve is healing we can help to improve feeling and co-ordination by re-educating and bombarding the nerve with stimuli.

A small selection of everyday objects are needed for sensory re-education.

Choose a quiet, distraction free time and place to work through your programme.

Exercises should be done five times a day.

Use the cut off glove if your therapist has given one to you.

If you are unable to recognise the actual object, try to recognise properties of it e.g. hot, cold, hard, soft, and smooth.

Use other senses i.e. smell, vision and hearing (e.g. peeling an orange, crinkly brightly coloured sweet wrappers).

Exercises

1. Fill a drawstring bag with commonplace objects, first larger objects, progressing to smaller ones. Try to recognise objects by feel (but no peeping!).
 - a. Larger objects: cotton reel, key, sponge, wood, medicine spoon etc.
 - b. Smaller objects: paper clips, buttons, screws, erasers. Identify the objects.
2. Make a "Money Grab Bag" - Place an assortment of coins in a bag, and try to identify each one.
3. Place small familiar objects in a large bowl of rice or sand. Find and remove objects without looking.
4. Bombard affected area by gently rubbing various textures with various amounts of pressure (do not rub so hard as to cause redness).
5. Ask a friend or family to outline shapes, numbers, letters, on affected areas:
 - a. Try to identify what is being outlined.
 - b. Try to localise area being touched.

Mirror visual therapy is proving to be a useful technique and will be explained by your therapist if appropriate.

Remember

During daily activities, use vision, safety precautions and common sense to help compensate for your loss of sensation.

When doing your exercises you should be thinking about the properties of the object and compare what it feels like in your unaffected hand to help to retrain your sensation.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your Outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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