

Desensitisation – summary leaflet

This is a technique which can help reduce nervous system sensitivity. Touch is used to retrain the nervous system that different sensations are safe and normal. Your therapist can practice this with you. It's not there to make your symptoms significantly worse so please discuss with your therapist if you have any concerns.

Technique

Have a bag with multiple different fabrics and textures in. For example, cotton t-shirt, jeans, cotton wool, woolly hat, silk scarf, tin can, towel, velvet.

Practice stroking the border region of your affected area with the different fabrics. Do this at the edge of your symptoms. Not working into pain.

Compare this to the other side. Think about what it feels like on both.

You need to be in control of doing this, not someone doing it for you.

Do this for 1-2 minutes.

Repeat 5-7 times a day.

Progression

Try different temperatures for example when washing up or in the shower. Do not practice over numb areas.

Try different pressures eg. massaging the area more firmly as feels manageable.

Try more stimulating textures eg. toothbrush, scourer, velcro.

Notes:

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If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary
Telephone: 01484 342434
MSK Physiotherapy Admin Office: 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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