

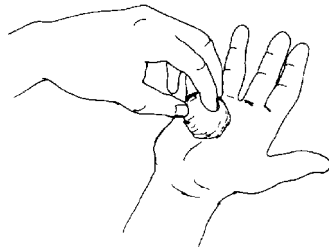
# HEALTH FOR LIFE

## Desensitization Exercises

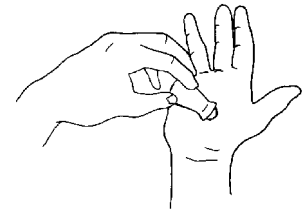
**Do these exercises every 2 hours for 15 minute sessions. Once the sensation becomes comfortable, progress to the next texture or change the amount of pressure you apply.**

- ☐ Use light pressure to rub these materials over sensitive areas

- Cotton material • Velvet
- Terry cloth • Polyester
- Corduroy • Wool

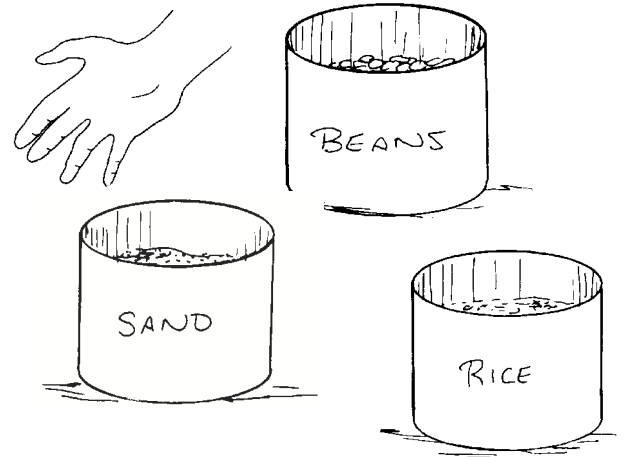


- ☐ Use an empty roll-on deodorant bottle along sensitive areas.



- ☐ Place your hand / forearm in separate containers of the following:

- Dry rice • Dry kidney beans
- Sand • Styrofoam pieces
- Ball Bearings • Popped popcorn
- Dry macaroni noodles



- ☐ Tap along the sensitive areas, with eraser of a pencil.
- ☐ Use a mini-massager, as tolerated, over sensitive areas.

**If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**