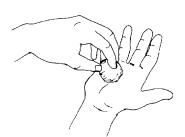


HEALTH FOR LIFE

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

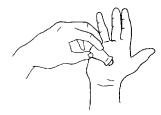


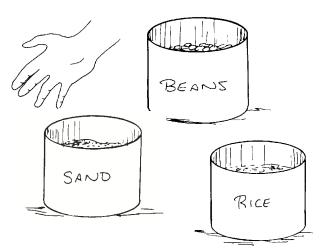
- Place your hand / forearm in separate containers of the following:
 - Dry rice •
 - Sand •

•

- Dry kidney beans
- Styrofoam pieces
- Ball Bearings Upopped popcorn
- Dry macaroni noodles •
- □ Tap along the sensitive areas, with eraser of □ Use a mini-massager, as tolerated, over a pencil.

□ Use an empty roll-on deoderant bottle along sensitive areas.





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.

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 - Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.