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
  - Terry cloth
  - Corduroy
  - Velvet
  - Polyester
  - Wool

- Place your hand / forearm in separate containers of the following:
  - Dry rice
  - Sand
  - Ball Bearings
  - Dry macaroni noodles
  - Dry kidney beans
  - Styrofoam pieces
  - Upopped popcorn

- Tap along the sensitive areas, with eraser of a pencil.
- Use an empty roll-on deodorant bottle along sensitive areas.

- 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.

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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.