

Desensitisation

Hypersensitivity

Hypersensitivity over a particular area of your hand when a normal touch is applied may affect your ability to perform simple daily activities. This may occur following a hand injury or in the presence of a healing scar following surgical procedures, where the surrounding nerves become overly sensitive.

How Can a Hand Occupational Therapist Help You?

A hand occupational therapist will assess the level of hypersensitivity and will recommend various materials to be used to increase your body's awareness to identify and respond correctly to different sensations and increase your tolerance to stimulation. This is a technique called desensitisation.



Materials Used for Desensitisation

Always start with soft materials such as cotton balls and gradually progress to rougher materials once you are able to tolerate the sensation. Other techniques may include pressure through tapping, rolling, massage and vibration.



Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

