

## Sensory Re-education

Sensory re-education is a way to help you to recover from your hand injury if your nerves have been injured. It should help to teach you how to recognise different textures and shapes with your injured hand. If you have any questions or need more information, please speak to your hand therapist.

### Exercises

You should repeat stages 1 and 2 \_\_\_\_\_ times each day.

#### Stage 1: Localisation

- Close your eyes.
- Place a pen onto the affected area of your hand and gently rub it over a small area. (You can do this yourself or ask someone to do it for you).
- Try to recognise the exact position of the pen.
- Open your eyes to check.
- If you were wrong, place the pen again with your eyes open and concentrate on the feeling.
- Repeat with your eyes closed and try to remember the feeling and position of the pen.
- Repeat for each appropriate area of your hand.

#### Stage 2: Texture and shape discrimination

- Lay out a number of objects of different shapes, sizes, weights and textures.
- With your eyes closed, pick up an object – try the larger ones first.
- Concentrate on the feeling, weight and texture of the object and try to identify what it is.
- If you are unsure, place the object in your uninjured hand and recognise its feeling, weight and texture.
- Then, feel it again with your injured hand. If you are wrong or still unsure, look at the object and memorise the texture and weight with your eyes open.
- With your eyes closed again, try to recall the feel, texture and shape of the object.
- Use the same objects until you can easily recognise them.
- Try placing the objects in a pillowcase or non-see-through bag instead of closing your eyes.

If you require any advice, please contact the hand therapy team on (01392) 402429 (Plastic Surgery) or (01392) 403522 (Rheumatology / Orthopaedics).

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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