



Desensitisation Programme

Following an injury or surgery you may experience changes in the nerves around the site of injury or the scar that make the area hypersensitive and uncomfortable to touch.

A natural reaction is to protect these hypersensitive areas. However it is actually beneficial to touch these areas even though it is uncomfortable, or else, the area may continue to become even more sensitive until light touch or pressure to the areas cause extreme discomfort. The following desensitisation program will help you to return the area's sensitivity to normal.

Be careful not to make yourself sore and only do as much as comfortable. Aim to increase the frequency as comfort allows.

3 times a day, 10 minutes per session

Massage

Rub a moisturising cream around the sensitive area, slowly working toward the area of greatest sensitivity. Begin with a light, slow pressure and progress to a firmer, faster pressure.

Rubbing

Find three different textures, one which is non-irritable, one which is mildly irritable and one which is moderately irritable to the sensitive area. Rub each texture over the sensitive area following the technique as described above. As you progress and a texture becomes non-irritable, replace it with a texture which you find moderately irritable and continue the above process.

Eg:	Cotton wool ball	Sheepskin	Woollen jumper
	Feather	Cotton T-shirt	Jeans
	Soft Velcro	Light sandpaper	Towel

Tapping

Tap around the sensitive area, beginning with light, slow pressure and progressing to firmer, faster pressure.