

HOME SENSITIZATION PROGRAM

For desensitization, perform 1 through 3; for sensation stimulation, perform 2 through 4.

This procedure should be done for _____ minutes, _____ times daily in a quiet room.

1. Begin by lightly rubbing the sensitive area. Increase the amount of pressure gradually to tolerance. Start with a more tolerable material and gradually increase to “rougher” materials. Suggested materials are:
SOFT 1. Cotton balls
 2. Felt or velvet material
 3. Dry washcloth
 4. Burlap
 5. Sandpaper
 6. Hook Velcro
ROUGH 7. Toothbrush

2. Place particles, ranging from soft to more irritating in a large plastic container. Place your hand in the container and agitate it/ dig it in. Gradually move to more resistive particles. Suggested materials are:
SOFT 1. Cotton balls
 2. Terry Cloth Pieces
 3. Dry rice
 4. Popcorn
 5. Uncooked pinto beans
ROUGH 6. Uncooked macaroni

3. Vibration: Use a vibrator / mini massager at the lowest setting and gradually increase speed to tolerance. Place vibrator head around and over the sensitive region. IN addition to assisting with desensitization, vibration also relaxes muscles that may have “tightened” due to pain or muscle tension.

4. Take a pencil eraser and trace from point of feeling to end of area lacking sensation. Watch the motion the entire time. Repeat.