

## Hand therapy department

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# 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 further information, please do not hesitate to contact your hand therapist.

### Exercises



Your 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.

## Contact us

If you have any questions or concerns, please contact the **hand therapy department** on **020 7188 4172** or **020 7188 4174**, Monday to Friday 8am to 5pm.

## Useful sources of information

### Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**e:** 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

### Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.  
**t:** 020 7188 3416

### Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

**t:** 020 7188 8815 **fax:** 020 7188 5953

**NHS Direct** – Offers health information and advice from specially trained nurses over the phone 24 hours a day.

**t:** 0845 4647 **w:** [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

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To join, please call 0848 143 4017, email [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) or visit [www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)