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

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.
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 or email e: HandTherapyAppointments@gstt.nhs.uk.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline
If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns
For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.
t: 020 7188 8801 (PALS) e: pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) e: complaints2@gstt.nhs.uk

Language and accessible support services
If you need an interpreter or information about your care in a different language or format, please get in touch.
t: 020 7188 8815 e: languagesupport@gstt.nhs.uk

NHS 111
Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.
t: 111

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

Get involved and have your say: become a member of the Trust
Members of Guy’s and St Thomas’ NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.
t: 0800 731 0319 e: members@gstt.nhs.uk w: www.guysandstthomas.nhs.uk/membership