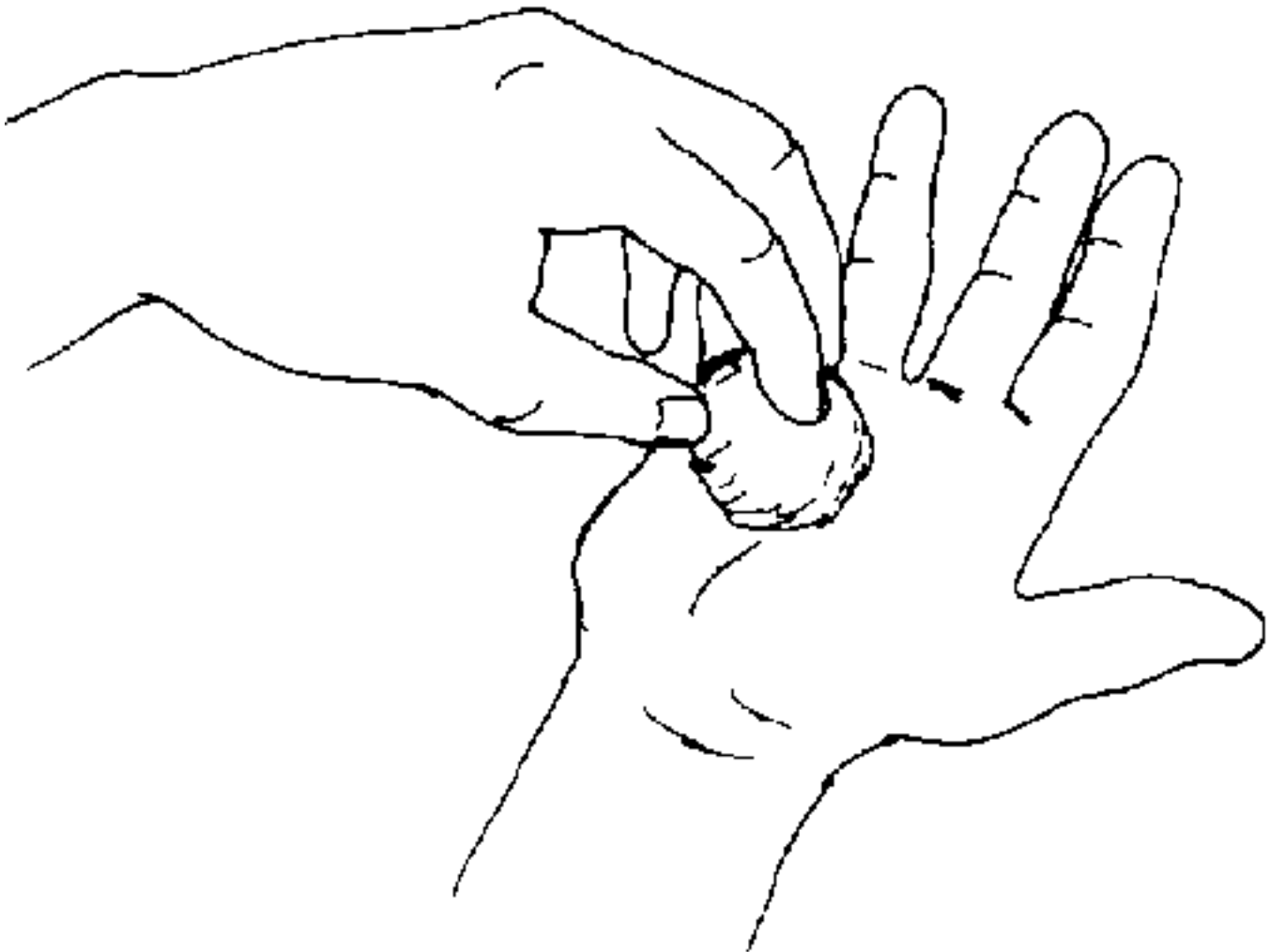

DESENSITIZATION EXERCISES

Do these exercises every 2 hours for 15 minute sessions. Once the sensation becomes comfortable, progress to the next texture or change the amount of pressure you apply.

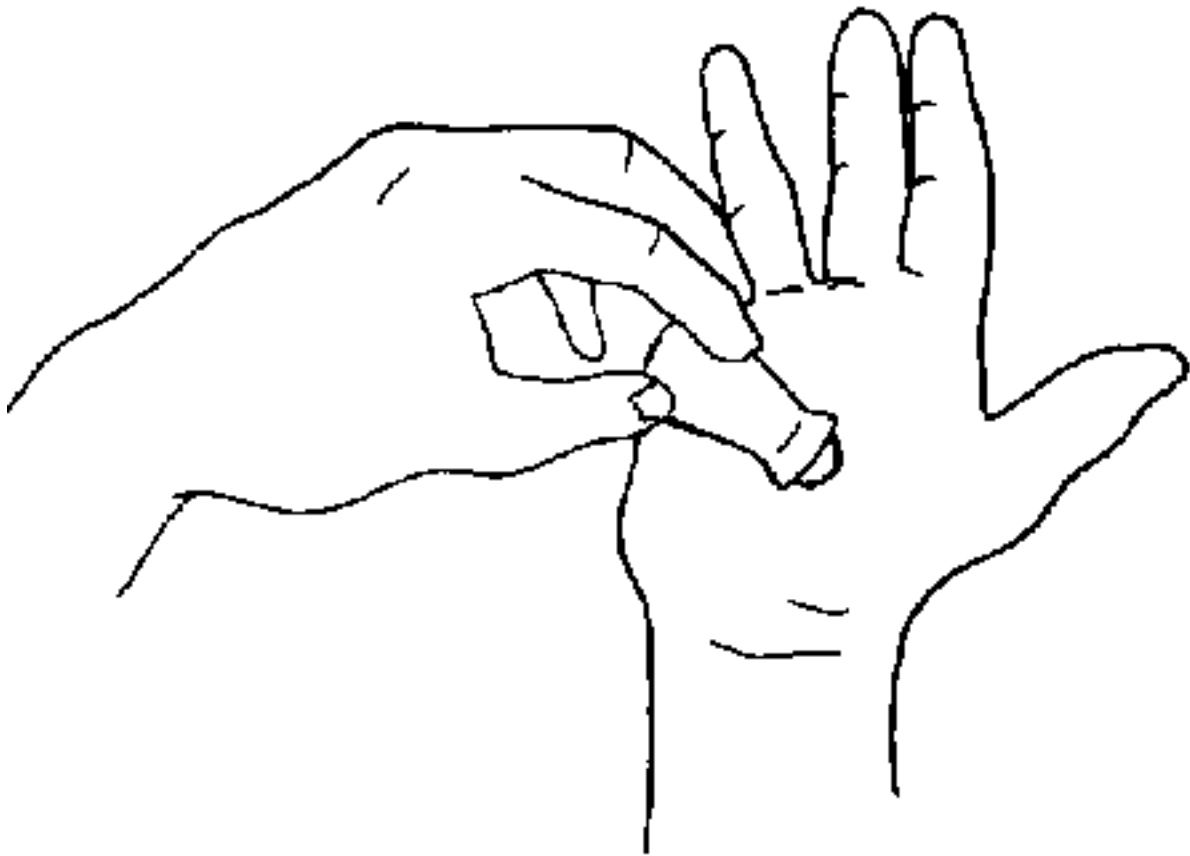
_ Use light pressure to rub these materials over sensitive areas:

- o Cotton material
- o Velvet
- o Terry cloth
- o Polyester
- o Corduroy
- o Wool





_ Use an empty roll-on deodorant bottle along sensitive areas.





Place your hand / forearm in separate containers of the following:

- o Dry rice
- o Dry kidney beans
- o Sand
- o Styrofoam pieces
- o Ball Bearings
- o Un-popped popcorn
- o Dry macaroni noodles

- _ Tap along the sensitive areas, with eraser of a pencil.
- _ Use a mini-massager, as tolerated, over sensitive areas.

