

Name: _____

Date: _____

Occupational Therapy

Arm and Hand: Sensation Exercises

Do only those exercises your occupational therapist has checked off (☑).

Exercises to improve touch and feeling of your affected hand

After an injury your hand and arm may have numbness or a strong reaction to touching items. We refer to this as arm and hand sensations.

It is important to touch your affected hand and arm frequently to help you feel again.

Improving Touch

- | | |
|--|---|
| <input type="checkbox"/> Massage your arm and hand (with or without lotion). | <input type="checkbox"/> Gently rub your arm and hand with a soft wash cloth. |
| <input type="checkbox"/> Gently touch your arm and hand with different textured items:
Cotton balls Paint brushes
Light weight sandpaper
Fabrics such as satin, corduroy, cotton, Velcro | <input type="checkbox"/> Roll a ball up and down your arm.
<input type="checkbox"/> Close your eyes and ask someone to touch your affect arm and hand in different places. Try to describe where you felt the touch. |

Improving Feeling

- Rice Bowl
Place uncooked rice into a deep bowl (deep enough to fit your whole hand inside and have it covered by the rice.
Move hand around in the rice for 3 to 5 minutes.
Place 8 to 10 small objects into the rice bowl.
With your eyes closed, try to find the items with your hand.
When you feel an item open your eyes and check.
Place the item on the table.

Objects to hide in rice:

Pen or pencil	Marbles
Eraser	Cotton balls
Clothes pins	Buttons of different sizes
Coins	Other small items
Paperclips	
Toothpicks	

If you have questions about arm and hand exercises, contact your occupational therapist.

_____ (OT) (_____) _____ - _____

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This information does not replace the advice given to you by your healthcare provider.

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