

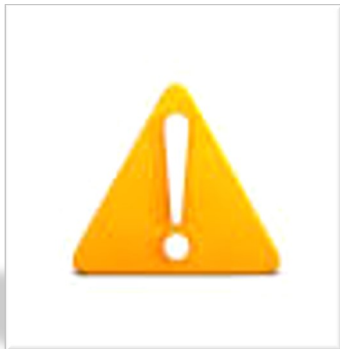
Precautions

Always consult your therapist before desensitising your residual limb.

Take extra precautions if you have wounds on your residual limb.

Avoid the wound when doing your desensitising programme.

Always check the skin after the desensitising programme, especially if you have an area of skin that has reduced sensation.



Contact details for :

The POLAR Programme

Prosthetic, Orthotic and Limb Absence Rehabilitation

Administration:

(01) 235 5262

(01) 235 5263

(01) 235 5438



National Rehabilitation Hospital
Rochestown Avenue, Dún Laoghaire, Co. Dublin
Telephone (01 235 5000)
www.nrh.ie



The National Rehabilitation Hospital is accredited by CARF (Commission for accreditation of Rehabilitation Facilities) for a range of services, confirming they meet recognized international standards



**National Rehabilitation
University Hospital**

An tOspidéal Náisiúnta Athshlánúcháin

Desensitising Your Residual Limb



A Guide for Patients

The NRH POLAR Programme

Prosthetic, Orthotic, Limb Absence Rehabilitation

Why Do I Need To Desensitise My Residual Limb?

After the amputation, you may have swelling and experience pain in the residual limb.

You may also feel that the residual limb is sensitive due to the operation. This will make the use of a prosthetic limb uncomfortable.

The desensitising programme has the following benefits, it will help to:

1. Reduce pain
2. Reduce muscle stiffness
3. Reduce swelling
4. Improve circulation
5. Make overly sensitive areas more comfortable to touch

How Do I Desensitise My Residual Limb?

1. Massage

Apply a small amount of Silcocks Base lotion or any lotion recommended by your health profession.

Gently stroke over the skin using the palms and heels of your hands. Massage from the bottom of your residual limb up towards the groin region.

Gently move the muscles using the heels of your hands in circular fashion.

2. Tapping and cupping

Start by gently tapping on your residual limb with two fingers. Also, gently tap on the bottom of your residual limb with a cupped hand.

3. Shaking and vibration

Gently use your relaxed hands to shake or vibrate the muscles of your residual limb.

4. Desensitise using different textures

Gently rub cotton wool over the skin. As the residual limb becomes less sensitive try to use tissue, a bath towel or a sock.

How Long Do I need to Desensitise my Residual Limb?

It is recommended that you do the massage for ten minutes, three times a day.

