

## Why do I need to desensitise my residual limb?

After the amputation, you may have swelling and pain in the residual limb. Your residual limb can be sensitive due to the operation. This will make using a prosthetic limb uncomfortable. A desensitising programme can help;

1. Reduce pain
2. Reduce muscle stiffness
3. Reduce swelling
4. Reduce spasm
5. Improve circulation
6. Reduced discomfort when touching the residuum

## How do I desensitise my residual limb?

### 1. Massage

Apply small amount of silcox base lotion or any lotion recommended by your health profession to your hands. Gently massage the residuum 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.

Massage for 10-15 minutes, 3 times daily.

### 2. Tapping and cupping

Start by gently tapping on your residual limb with 2 fingers.

Next, gently tap on the bottom of your residual limb with a cupped hand.

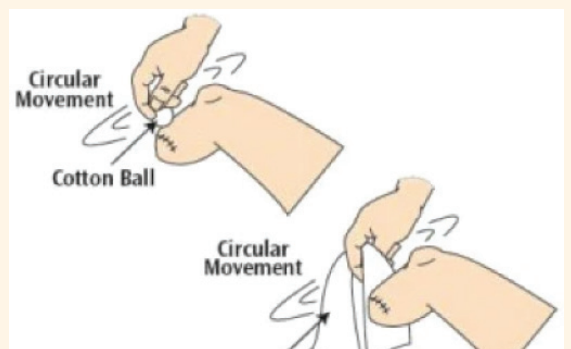
### 3. Shaking and vibration

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, use tissue, then bath towel or a rolled up sock.



## Precaution

- 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. If you notice any skin irritation or breakdown, speak to a healthcare professional.