

Sensory rehabilitation



**Information for people in our care from our
Community Stroke Service and Stroke
Sub-Acute Rehabilitation Unit.**

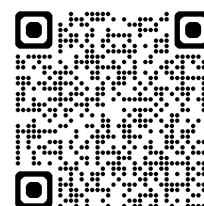
Integrated Community Stroke Service (ICSS)

Telephone: 0300 125 5951

Stroke Sub Acute Rehabilitation Unit (SSARU)

Telephone: 0300 124 6295

**If you have any questions or if any of the
activities are causing you pain or discomfort,
please speak to your Physiotherapist or
Occupational Therapist on the ward.**



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Loss of sensation after a stroke

After a stroke, you might feel less sensation in your hand. This can make your hand feel numb or dull. About 50% - 85% of people who have had a stroke experience some loss of sensation.

When you lose sensation, it becomes harder to hold or move objects, which affects everyday activities. Sometimes, people don't use the hand with less feeling as much.

Sensory rehabilitation

More research is needed, but the best available study shows that sensory retraining programs may help people who have had a stroke. The exercises in this leaflet are based on the Study of the Effectiveness of Neurorehabilitation on Sensation (SENse).

You can watch a video to learn about this study and [sensory rehabilitation](#). Visit bit.ly/SENsevideo or use the QR code below:



Sensory Rehabilitation Exercise Program

Do these exercises regularly, as suggested by your Physiotherapist or Occupational Therapist. For the best results, aim to do them for **60 minutes every day for four weeks**.

1. Explore

Close your eyes and pick an object from the Sensory Box using your affected hand. Feel the object for about 20 seconds. Focus on what it feels like and talk to yourself about it.

2. Calibrate

Now, use your unaffected hand to feel the object. This will help you know what it's supposed to feel like.

3. Anticipate

Use your affected hand again to feel the object for another 20 seconds. Try to imagine how it should feel based on what you felt with your unaffected hand.

4. **Feedback**

Open your eyes and look at the object you're holding. This gives your brain more information to help you.

5. **Repeat**

Do these steps with every texture in the sensory box.

Equipment ideas

You'll be given a 'sensory box' with different textures, shapes, and sensations to help with your exercises. You can also add your own items like:

Weight:

- Bottles of water (filled to different levels)
- Food or drink cans
- Other ideas.....

Texture:

- Soft: Towels, fleece, Lycra, velvet
- Hard: Metal (like cutlery), wood (like a wooden spoon)
- Other ideas.....

Temperature:

- Hand warmers
- Jars of water at different temperatures
- Other ideas.....

Shape/size:

- Cutlery (use a blunt knife)
- Small objects in a bowl of rice (coins, paperclips, pasta)
- Other ideas.....

Everyday tasks:

- Fasteners like Velcro, zips, buttons
- Other ideas.....

Tracking Your Progress

Keep track of your exercise progress by noting the date, number of repetitions, and how many you get correct in the table below.

Date:	Number of repetitions:	Number correct:

Notes

The information for this leaflet has been sourced from: SENSE: Study of Effectiveness of Neurorehabilitation on Sensation: A Randomized Controlled Trial. By Carey L, Macdonell R, Matyas T.A.

Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: Link to Sirona website (sirona-cic.org.uk)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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Date of creation: 08/26

Date for review: 08/28

URN: 0803 A

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