



Home Care Nerve Desensitization

INSTRUCTIONS

Do this at home **every day**; if possible, do this **several times a day**.

Physical therapy can help you with this, but you still need to do it **at home every day**.

1. Massage the top of the foot **with hands** using light touch. Start with the other (unaffected) foot first and then do the painful foot.
2. Then massage the top of the foot **with different fabrics**, again starting with the other (unaffected) foot first and then the painful foot. You can use cotton, silk, or any other synthetic or natural fabric. Allow the nerves to sense/feel the difference in the fabrics.
3. Perform water therapy (not foot soaks) **with subtly different temperatures of water** – warm vs. cool. Do not use extreme temperatures -- **no icy cold or hot!** Fill two containers with each temperature. Dip the other (unaffected) foot back and forth between the containers of water. Sense the subtle difference in the temperatures. Then do the same with the painful foot – dip back and forth. Allow the nerves to sense/feel the subtle difference in water temperatures. You can make the difference in temperatures as subtle as possible to really challenge the nerves to sense the difference.

COMPLEX REGIONAL PAIN SYNDROME (CRPS)

See the attached handouts from the National Institutes of Health and the Mayo Clinic. These will help you better understand nerve pain. You may have not been diagnosed with this complicated nerve pain syndrome, but the information is nevertheless helpful in better understanding nerve pain.

This video might also be helpful:

1. Go to <http://www.nucleusanimationlibrary.com/>
2. Search crps in the search box.
3. Click on the neurology video that shows up.