

PAIN AND DESENSITIZATION

Treatment interest

Stimulation and saturation with antalgic goals in a cutaneous and deep sensitive receptors. Pain relief and motor imagery awakening to enable hand or feet reuse.

When/frequency?

Once a day.

In addition to a reeducation session or in isolated treatment without session.

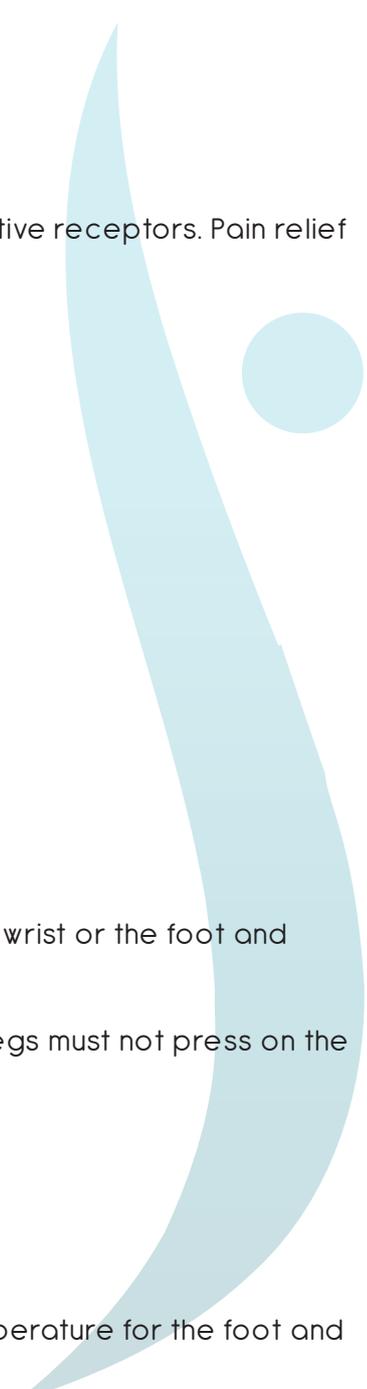
How?

Install the patient on a chair, at the correct height. Immerse his/her hand and wrist or the foot and ankle in the mix

Warning: Patient's comfort is essential. The knees must be bended and the legs must not press on the mobile hood to facilitate blood flow.

Which temperature?

Warm water between 34 and 37°C for the hand and wrist, and a colder temperature for the foot and ankle.



Which rotation speed?

Slow – 7 to 8 rpm – with some variations for adaptation phenomenon. Then accelerate the speed over the sessions.

Which associated exercises?

For the hand and ankle, make so that the patient makes movements in the water and bead mix.

- 🌀 Rolling fingers
- 🌀 Thumb presentation to pad of other fingers
- 🌀 Flexion-extension of wrist
- 🌀 Wrist circumduction
- 🌀 Hand opening and wrist extension, hand closing and wrist flexion
- 🌀 Look for a bigger bead in the mix

How long should a session last?

For the hand, 12 to 15 minutes

For the foot, 15 to 17 minutes

The tank containing the beads can turn clockwise, anticlockwise or in an alternating way, in either direction. In this case, the time of use in one direction can be set from the control panel.

Example: For a 12-minute session, we can program cycles of 2, 3, 6 or 12 minutes by starting in the wanted direction.

Warning: First session can be shorter to introduce the patient to the treatment.

How long should the treatment last?

Until the improvement is stabilized and the hand or foot motricity is durably recovered.