

Patty's PT Tips

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Sensory Re-education Tools

- ✧ Fluffy washcloth
- ✧ Soft (velvet) cloth
- ✧ Rough cloth or loofa sponge
- ✧ Nailbrush
- ✧ Toothpick (the absolutely sharpest tool you should use-carefully)
- ✧ Vibrator or electric toothbrush
- ✧ Wooden massage roller
- ✧ Squeezie ball for trigger points
- ✧ Firmer ball
- ✧ Foam roller
- ✧ Texture ball (dog toys can fit the bill)
- ✧ Heat pack/warm washcloth/heating blanket
- ✧ Cold pack/ice cup for massage of localized area
- ✧ Creams such as Ben Gay that are counterirritant or herbal preparation with menthol – beware of allergic reactions. If you use a CBD cream, discuss with your physician and make sure you know the licensure of the source!!