

# Sensory Reeducation After Stroke (Learning How to Feel Again)

March 31, 2017



Do you have trouble feeling heat or cold after stroke? Do you suffer from numbness or hypersensitivity after stroke?

If you do, then don't worry – *you are not alone*. Sensory issues after stroke are common and many stroke survivors work through them. Today, we will discuss the cause of sensory issues after stroke and how to treat it.

## The Cause of Sensory Changes After Stroke

If stroke damaged the part of your brain that is responsible for interpreting your senses, then you may develop sensory issues after stroke. Specifically, sensory issues arise from damage to the **right side of the brain** or the **parietal and occipital lobes**.

While sensory issues may seem mysterious, try not to feel overwhelmed by it. This stroke side effect can be treated using the following method.

## Treatment for Sensory Issues After Stroke

Just like you can rewire your brain to regain movement after stroke, you can rewire your brain to regain your senses. This is often referred to as *sensory reeducation*. Like everything in stroke rehab, sensory reeducation is achieved through **neuroplasticity** and **repetitive practice**. If you are not familiar with either of those concepts, then we highly recommend reading up on them. To put it briefly, repeating sensory reeducation exercises over and over and over is **proven** to stimulate neuroplasticity in your brain and rewire your brain's ability to feel.

You can find our **sensory reeducation exercises article** on 3/27/2017. Try them out for 2 weeks and watch how your senses improve. Your improvements may move very slowly or quickly. Either way, rest assured that you're doing exactly what you need to regain your ability to feel sensation after stroke!

## Learning to Feel Again

The idea of learning to feel again might seem weird, but hopefully you feel empowered by the idea that you can relearn anything that you want. Neuroplasticity is not limited to movement. It can be applied to any area that you want to grow – including learning how to feel again.