

Occupational Therapy TOOLKIT

Phantom Limb Pain

Keep a diary of your pain. This can help you identify recurring causes.

Exercise your limb to increase the circulation. Tighten the muscles in your residual limb, and then slowly release them.

Change positions. If you're sitting, move around in your chair or stand to let the blood get down into your limb.

Practice relaxation techniques such as deep breathing, progressive muscle relaxation or imagery.

Distract yourself by watching television or listening to the radio.

Soak in a warm bath or use a shower massage on your residual limb.

Wrap your residual limb in a warm blanket or towel.

Gently massage your residual limb to increase the circulation.

Increase the pressure around the residual limb by putting on a wrap or shrinker sock. If you have your prosthesis, put it on and take a short walk.

Decrease the pressure around the residual limb by taking off your prosthesis for a few minutes.