

# Table of Contents

Foreword : A Lee Dellon, MD

Introduction

## Part 1

Definitions, Testing & Rehabilitation of Basic Cutaneous Sense Disorders in Case of Neurological Lesions.

### Senses: Some Useful Distinctions

1. Muscle Sense

2. Cutaneous Sense

*A. Protective Sense*

*B. Vibrotactile Sense*

*C. Somatosensory Recovery Stages*

*D. Nerve Regeneration*

3. Touch

### Testing of the Cutaneous Sense

1. Argumentation to the Prescribing Doctor

2. Diagnostic Testing of Axonal Lesions

*A. Aesthesiography*

*B. Static 2-Point Discrimination Test*

*C. Tingling Signs*

*D. Somatosensory Qualifiers*

3. Search Procedure of Abnormal Low-Sensitivity

4. Testing of the Protection Sense

*A. Perception of Vibrations*

*B. Protection from Heat*

*C. Protection from Pain*

## **Pressure Perception Threshold**

### **Rehabilitation of Hyposensitivity**

1. Line Rehabilitation
2. Asperity Rehabilitation
3. Hands-on Therapy
4. Stimulation of Nerve Regeneration
  - A. Overdose of Vitamin B12*
  - B. Stimulation by Mechanical Vibration*
5. Permanent Assessment
  - A. Static 1-Point Localization Test*
  - B. Moving 2-Point Discrimination Test*
  - C. Picking-Up Test*
6. Rehabilitation of Hyposensitivity in Case of Cerebral Lesions: a few Special Features
  - A. First Strict Bed Session of a Patient Suffering from a Cerebral Vascular Accident, in Particular with a Sensorimotor Hemisysndrome*
  - B. Hands-on Therapy*
  - C. Stimulation by Mechanical Vibrations*
7. Examples: Rehabilitation of Hyposensitivity, Stage by Stage
  - A. Nerve Transsection (Illustrations I to IV)*
  - B. "Small" Axonal Lesions (Illustrations I and II)*
  - C. "Very Small" Axonal Lesions (Illustration I)*

## **Conclusion**

## Part 2

Definitions, Testing, Rehabilitation & Prevention of Painful Complications of Cutaneous Sense Disorders in Case of Peripheral Neurological Lesions

### Introduction

#### From Alarm Pain to the Phenomenon of Pain

1. Definitions
2. Treatment

*Few Analgesic Drugs*

#### McGill Pain Questionnaire

1. Short Presentation
2. Short History
3. Original Test Administration
4. Interpretation

*A. The Simplest*

*B. Averages Score*

*C. Affective Pains or Sensory Pains*

*D. Therapies Lasting Longer than One Month*

5. Conclusion

#### Mechanical Allodynia

1. Definitions
2. Allodynic Territory Assessment

*A. Allodynography*

*B. Rainbow Pain Scale*

3. Allodynic Territory Rehabilitation

*A. How to Determine the Zone to Counter Stimulate?*

*B. Vibrotactile Counter Stimulation*

4. Conclusion

## **Desensitization by Mechanical Vibrations at the Site of Axonal Lesions**

1. Definitions
2. Assessment
3. Desensitization
4. Few Types of Vibration Generator
5. Conclusion

## **Neuralgias or Neuropathic Pains**

1. Definitions
  - A. History*
  - B. Few Neuralgias as Examples*
  - C. Etiopathogenesis*
2. Assessment
3. Rehabilitation
4. Conclusion

## **Complex Regional Pain Syndrome**

1. Definitions
  - Short Historical Overview*
2. Assessment
3. Rehabilitation
4. Conclusion

## **Prevention or How to Argue with the Patient**

## CONCLUSION, GLOSSARY AND BIBLIOGRAPHY

### **Conclusion**

Glossary

General Bibliography

## ANNEXES

1. Somatosensory Recovery Stages Modified by Spicher
2. Three Classifications of Somatosensory Recovery
3. Prescription de rééducation sensitive (Somatosensory Rehabilitation Centre)
4. Diagnostic Testing of Axonal Lesions
5. Normal Values of the Static 2-Point Discrimination Test for each Cutaneous Department of the Lower and Upper Extremities
6. Three Tables of Vibration Amplitude Concordance for Different Generators with the IKAR Probe for:
  - Vibrotactile Counter Stimulation in the Presence of a Possible Allodynic Territory
  - Testing and Rehabilitation of the Hypoaesthetic Territory
  - Desensitization by Mechanical Vibrations at the Site of Axonal Lesions
7. Search Procedure of Abnormal Low-Sensitivity
8. Palmo-Ulnar Collateral Nerve of the Ring Finger and its Forks
9. Permanent Assessment of Cutaneous Sense in Case of Cerebral Lesions
10. Semmes-Weinstein Utilization Table
11. Line Rehabilitation Program – for a Member of the Family
12. Hands-on Therapy
13. Permanent Assessment of Cutaneous Sense in Case of Peripheral Neurological Lesions
14. Values of Static 1-Point Localization Test
15. McGill Pain Questionnaire Modified by Spicher, Version of the Somatosensory Rehabilitation Centre
16. Interpretation of the McGill Pain Questionnaire Modified by Spicher, Version of the Somatosensory Rehabilitation Centre
17. Visual Analogue Scales
  - Neutral*
  - With “Smilies”*
  - With Text*
18. Desensitization Evolution Graph
19. CRPS Diagnostic Procedure According to Bruhl
20. Rehabilitation Periods of a CRPS II