



**University
Hospitals Sussex**
NHS Foundation Trust

Sensory changes after stroke or brain injury

Neurology

Patient information

What is this information about?

This information includes:

- How a brain injury can change the way you feel things on your skin and in your body
- common problems this can cause
- tips to help you stay safe and manage these changes.

Why have I been given this information?

You have been given this information because you have had a brain injury or stroke, which may have changed how you feel things. Changes to sensation after a brain injury or stroke are very common. It is important to understand these changes so you can take care of yourself, avoid injuries, and improve your movement.

How can a brain injury change my sensation?

A brain injury can change how you feel things on your skin and in your body. This can happen in different ways, such as:

- Not feeling touch in some parts of your body
- feeling extra sensitive to touch
- not knowing where your arms or legs are without looking
- feeling strange things like tingling or pins and needles.

How a brain injury or stroke can change the way I feel and move?

After a brain injury or stroke, many people have changes in their feeling. This can make everyday tasks harder.

Some common problems are:

- dropping things because you cannot feel them properly
- moving too hard and, or too fast without meaning to

- moving too soft and, or too slow without meaning to
- not knowing what something is just by touching it
- struggling to use your hand when you can't see it (like brushing your hair or putting on clothes)
- having trouble walking
- getting hurt more easily, like bumping into things or burning yourself.

How can I take care of my affected arm or leg after my injury or stroke?

- Checking your affected arm and/or leg often to see what position they are in
- be gentle when moving your affected arm or leg
- be cautious for risk of burns i.e. checking water temperature with unaffected hand
- check your skin for injuries such as cuts, blisters or red areas
- look at your hand when using it
- use your affected arm or leg if able and safe to
- stay focused and remove distractions when using your affected limb
- follow any exercises your therapist gives you. These might include moving objects with contrasting textures over your skin to help you re-learn the sensation.

Where can I find further information or advice if I need it?

If you need more help or information after reading this, you can:
Contact your therapist or doctor for advice.

Contact

Headway

the brain injury association

0808 800 2244

www.headway.org.uk/

Stroke Association

0303 3033 100

www.stroke.org.uk/

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