

Cold and heat threshold examination

Purpose of the examination

The examination measures the thermal senses (cold and heat senses) of the skin. The examination is used to diagnose diseases and injuries of the peripheral nervous system.

Preparing for the examination

Try to sleep regularly during the night before the examination. If your work includes shifts, it is recommended to avoid a night shift on the day before the examination.

Take any regular medication normally. You can also eat normally before the examination. Please bring along information about any medication you are taking.

Dress sufficiently so that your feet and hands are warm when you arrive to the examination. Please wear short underwear, if you have any back or lower limb symptoms examined.

Wash your feet and hands well before arriving to the examination. If your face is examined, the skin on your face must also be clean. Avoid oiling your skin on the examination day, as excess oil on your skin will make the examination more difficult.

Examination process

A small sensor is placed on the surface of the skin on the examined area. The sensor temperature is automatically changed by the examination equipment. Your task is to press a button whenever you feel the temperature changing. Each measurement is repeated five times in order to have a reliable mean value. The examination lasts from five to fifteen minutes per measurement, and for about an hour in total.

After the examination

A clinical neurophysiologist will analyse the examination and write a report. The report is directed to the clinic that ordered the examination. They will inform you of the examination results and any possible follow-ups.