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Contrast Baths

THIS TREATMENT MODALITY SERVES AS A 'PUMPING MECHANISM'
TO REDUCE SWELLING AND PAIN.

Prior to beginning: Place two containers (large enough for the area of the foot to immerse) side by side.
Fill the first with cold water to about 50 degrees. Add ice as needed to maintain temp.
Fill the second with warm water to about 100 degrees.

Procedure: 1. Place the foot or forefoot in the cold water pan for 5-10 minutes.
2. Remove and place in the warm water pan for an equal 5-10 minutes.
3. Continue to alternate warm to cold for a total of 20-30 minutes total time, with each immersion lasting 5-10 minutes.
4. Always start and finish in the COLD bath.
5. You can/should move the foot through a tolerable range of motion during the immersion. Writing the ABC's with the forefoot or contracting and relaxing muscles.

Normal
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303 W. Washington
(815) 842-6551

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