

CONTRAST BATHS

1. Use two plastic bowls, large enough to take the affected part.
2. **Fill one with warm water, (not hot) and the other with very cold water (ideally iced).**
3. Put the part to be treated in the warm water for 1 minute
4. Then place in the cold water for 2 minutes
5. Repeat stages 3 and 4 a further 5 times, always ending in cold water.
6. Contrast bathing should be done 3 times daily.

PLEASE NOTE

Ice can burn so remember to check the skin for intense redness and/or pain.

Please rest after ice application as soft tissue flexibility and skin sensation can be reduced.

Do not use contrast baths if you have circulatory problems, diabetes or sensation problems.