

Home Instructions for Contrast Bath

Cautions:

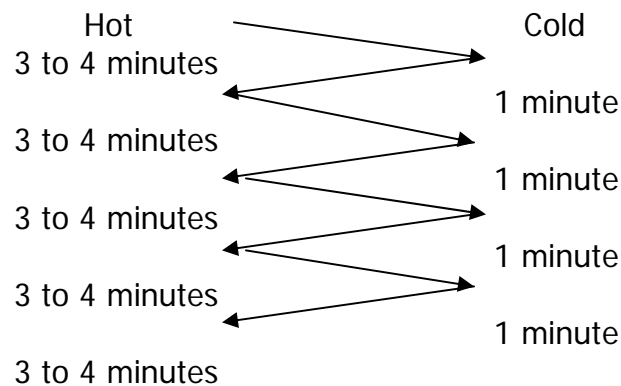
Avoid use on areas with poor blood flow (such as on hands or feet that are always cold) or with decreased sensation (areas that feel numb or tingling).

Materials Needed:

1. Two large containers (at least 4 to 6 inches deep)
2. Hot and cold water
3. Canning or candy thermometer

Procedure:

1. Prepare the water and fill one container about two-thirds full with hot water (100—110°F). Fill the other container about two-thirds full with cold water (59-70°F).
2. Test the temperatures with the thermometer.
3. Put both hands or feet completely into the hot water and then the cold water following this schedule:



4. The contrast baths can continue to a total of 30 minutes
5. Start and end the contrast baths with hands or feet in hot water.
6. Towel Dry

