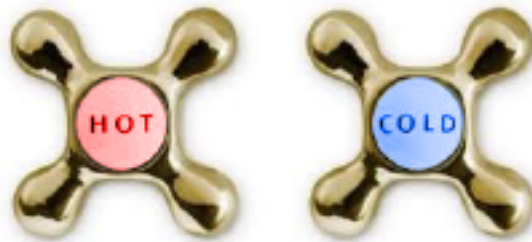




## **CONTRAST BATHS**

*Complete 2-3 times per day*



### **Contrast Bath Instructions**

- Fill 2 containers: 1 hot, 1 cold Water: Hot = Not > 98°F, Cold = Not < 59°F
- Soak in hot water for 1 minute, then cold water for 1 minute
- Alternate back and forth at 1-minute intervals for 10 minutes total.
- Optional: Add 1/8 cup Epsom salt to hot water: addressing swelling

### **Purpose**

- Contrasting temperatures helps increase circulation and decrease swelling

### **Recommendation**

- Try contrast baths for 3 days in a row. Discontinue if not seeing results.

This is a customized plan issued under medical supervision.  
If you have any questions please contact your therapist.