

Contrast Bath

Contrast bath is the immersion of a body part in which warm and cold water are used alternately. This causes opening and closing of the blood vessels. The goal is to increase blood flow and improve healing.

- Find two containers big enough to immerse the body part.
- Fill one container with warm water, about 100 to 110 degrees.
- Fill the other container with cool water, about 55 to 65 degrees.
- First, immerse the body part in warm water for 3 to 4 minutes.
- Then place the body part in cool water for 1 minute.
- Repeat this procedure 4 to 5 times. The treatment will last 20 to 25 minutes.

End the treatment with warm water for vascular problems, cool water for edema/swelling.