



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.

Get in touch.... 0321-2227533

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