

CONTRAST BATH

FREQUENCY

One to two times each day

PURPOSE

Increase circulation, decrease pain, decrease stiffness

PROCEDURE

Fill two basins with water, one with cool water 55-65°F, another with warm water 100-110°F. Make sure to check the water temperature with a bath or cooking thermometer. Always start and end with the warm water. Follow the schedule below:

Warm water	10	minutes
Cold water	1	minutes
Warm water	4	minutes
Cold water	1	minutes
Warm water	4	minutes
Cold water	1	minutes
Warm water	4	minutes
Cold water	1	minutes
Warm water	4	minutes
Cold water	1	minutes
Warm water	4	minutes