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## CONTRAST BATHS

1. Prepare two basins of water of about the same size:

Basin #1: **VERY WARM WATER** (about 100-105 degrees; use a bath thermometer)

Basin #2: **VERY COLD WATER** (cold enough that ice cubes do not melt rapidly)

2. Soak your foot in warm water Basin #1 for 4 minutes

While in the warm, move your foot around by painting the alphabet with your toes, or doing figure eights with your foot forward and backwards.

3. Remove your foot from the warm water and immediately place it in the cold water basin #2 for 2 minutes. This step may be more uncomfortable.

4. Repeat steps 2 and 3 one to two more times, for a total of two to three cycles.

Perform the contrast baths 2-4 times per day.

This type of therapy is a lot of work, but the temperature changes help reduce the swelling in your foot and ankle, and help diminish stiffness and help mobility.

Foot cramping may occur. If it happens, continue the contrast baths until the cycles are completed. Then, massage your foot for a few minutes.

**If you have diabetes or peripheral vascular disease, do not do contrast baths.**

*Disclaimer: This is meant as a guide and shall not be used as a substitute for proper medical care and/or explanation by your treating doctor. We have used all reasonable care in compiling the information but make no warranty as to its accuracy in specific situations. If there are any questions, please feel free to contact us.*