



Contrast Bath

Set up 2 baths

1st is cold with a couple of ice cubes floating on top (not too many)

2nd bath is a warm as you can tolerate to touch (comfortable)

Contrast:

put extremity in cold bath for 3 minutes

then put in warm bath for 2 minutes

alternate back and forth 3-4 times. End in cold.

**rectangular small to medium garbage cans make good “bath” containers for ankles/feet

long, short rectangular plastic storage totes make good “bath” containers for hands/forearms

Using Ice/Hot packs

5 min cold

3 min hot

alternating as above

can also vary 3min/5min with baths if 2min/3min is not enough;
still cycle 2-3x.

This handout is not intended for use by anyone other than a client at Body Dynamic under direct supervision of their physical therapist. Please Consult with your physical therapist for proper use of this handout. For more information, please contact Body Dynamic Physical Therapy + Pilates + Wellness, Inc.

Body Dynamic Physical Therapy + Pilates + Wellness 761 University Ave, Suite B, Los Gatos, CA 95032
408-402-3228 bodydynamicpt@gmail.com