



Contrast Soaking Treatment

Why: To decrease pain and tenderness caused by inflammation and/or swelling.

How: Fill two basins with water. One with cold water and one with warm/hot water. The cold water should not be so cold that you cannot keep your foot in it for at least one minute without pain. Use cold tap water with a few ice cubes. The warm/hot water should be like a very warm bath.

Always start and end your soaks in the cold water. Soak in the warm water twice as long as in the cold water.

Process:

- Soak in the cold water 1-2 minutes
- Then soak in the warm/hot water for 3-4 minutes
- Repeat

Continue to follow this pattern for at least 20 minutes.

Remember: Your first and last soaks should be in the cold water

Do this everyday, or twice a day if instructed by the doctor.