

The Foot and Ankle Wellness Center of Western Pennsylvania

Contrast Baths

1. Preparation:

- a. Warm Water Temperature: 96°F to 100°F
- b. Cool Water Temperature: 60°F to 75°F

2. Indication:

Patients with numbness, burning, peripheral vascular disease, swelling, arthritis and inflammatory conditions.

3. What to use:

Two (2) tubs small enough to immerse your foot and ankles. Foot massagers are adequate.

4. Time for bathing:

- a. Warm: One (1) minute
- b. Cool: One (1) minute
- c. 7-9 contrast baths are indicated – Start warm and end warm.

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