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PODIATRY CONTRAST BATHING INSTRUCTIONS

CONTRAST BATHING IS A HOME PHYSICAL THERAPY TREATMENT DESIGNED TO CREATE A THERMAL PUMP. THIS PUMP REDUCES SWELLING FROM SUPERFICIAL AND DEEP TISSUES AND BONE. CONSISTENCY OF TREATMENT IS IMPORTANT TO THE SUCCESS OF THIS TYPE OF TREATMENT.

There are two methods of creating THIS thermal pump:

If the affected area is taped or bandaged, please follow the process in section A.

IF THE AREA IS NOT TAPED OR BANDAGED, THEN YOU MAY FOLLOW THE PROCESS IN EITHER SECTION A OR SECTION B.

Treatments are done once in the morning and once in the evening:

SECTION A

Turn an electric heating pad on to low setting. Apply a heating pad to the affected area for 3-5 minutes. You may also place the heating pad on a soft bedroom pillow.

Wrap a gel cold pack or ice bag into a dishtowel or pillowcase. Apply this to the same area for 3-5 minutes.

NEVER APPLY COLD DIRECTLY TO YOUR SKIN.

Repeat this process two additional times for a total of 3 applications of each temperature.

SECTION B:

Soak the affected area in a pail of warm water for 3-5 minutes. Then soak the affected area in a pail of cool water for 3-5 minutes. Repeat this process two additional times for a total of 3 applications of each temperature.