



# CRYSTAL FALLS

FOOT + ANKLE SPECIALISTS

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## **Contrast Bath:**

### **Supplies:**

1. 2 Clean Containers (Large Enough for 1 Foot)
2. Ice
3. Warm Water (Hot Tub Warm)
4. Epsom Salt (Optional)

### **Directions:**

Fill one with warm water and fill one with ice cold water.

Start soaking your foot in a tub of warm water mixed with Epsom salt. Place the affected foot in the warm bath for 3-4 minutes, then transfer the affected foot into an ice bath for 1 minute. Repeat this cycle 3 times for a treatment time around 15 minutes. It is recommended that you perform this activity at least 3 times each day.

### **Tips:**

- For acute injury or swelling, you should finish with the ice bath.
- For chronic injury or pain, you should finish with the warm bath.
- Perform soaks near a sink or a bathtub.
- Please do not carry containers of water long distances.

