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## CONTRAST BATHS

1. Prepare two basins of water of about the same size:

Basin #1: **VERY WARM WATER** (100-105 degrees; use a bath thermometer)

Basin #2: **VERY COLD WATER** (cold enough that ice cubes do not melt rapidly)

2. Soak your foot in Basin #1 for 4 minutes.
3. Remove your foot from Basin #1 and immediately place it in Basin #2 for 1 minute.  
Note: This step may be uncomfortable.
4. Repeat steps 2 and 3 two more times, for a total of three cycles.  
This should take about 15 minutes.

Perform contrast baths 2 to 4 times a day.

Contrast bath therapy is work. However, the temperature changes help reduce swelling and stiffness in your foot and ankle.

Foot cramping may occur. If cramping does occur, finish the contrast baths, and massage the foot for a few minutes.

**If you have diabetes or peripheral vascular disease, DO NOT perform contrast baths.**

*This information is provided as an educational guide only and is not intended to substitute proper medical care or explanation by your doctor. If you have any questions, please contact our office.*