

CONTRAST BATHING

Contrast Bathing is a method of treating an injured limb by reducing swelling and increasing mobilisation.

Contrast Bathing is designed to be used 72 hours after an injury; prior to this time, the "RICE REGIME" should be used.

STEP 1

Prepare 2 bowls of water, both large enough to permit complete immersion of the injured part. 1 bowl should contain iced water i.e. cold water with ice added, the other should be hot water, at the temperature of a hot bath i.e. at a temperature which can be tolerated by the immersed limb for several minutes.

STEP 2

The injured limb should be full immersed in the cold bowl and any injured joints moved gently as far as pain and swelling permit. This can be slightly increased by passively moving the joints, using ones other hand to move fingers, wrists, ankles etc. The limb should be kept in the cold water for approx. 3 minutes then plunged into the hot water bowl, where the same exercises are repeated, for a further 3 minutes.

STEP 3

This cycle of cold, then hot water immersion should be repeated 5 times.

The whole procedure can be repeated 2 to 3 times a day