

CONTRAST TREATMENT

Definition:

The *Contrast Treatment* consists of immersion of any body part in alternating hot and cold water to dilate and constrict blood vessels. This decreases local congestion, and increases immune response, and waste elimination.

When to Use:

- Impaired circulation
- Arthritis
- Edema
- Headaches (congestion or stress)
- Infections
- Strains & sprains (24 hours after injury)

Equipment:

- ✓ Two containers (size determined by body part to be treated)
- ✓ Drape - sheet or towel
- ✓ Drying towel
- ✓ Pitcher
- ✓ Hot and cold water
- ✓ Ice
- ✓ Water thermometer (optional)

Steps to Follow:

- 1) Fill one container with hot, and one with cold water
- 2) Begin in hot water (102°) for 3 minutes
- 3) Shift to cold water (60° to 70°) for 30-60 seconds
- 4) Increase hot water temperature each sequence
- 5) Decrease cold water temperature each sequence
- 6) Alternate changes 3 to 5 times, ending with cold
- 7) Dry thoroughly

Cautions & Considerations:

- Not recommended over malignancies
- Water should not exceed 110°
- For vascular disease or impaired nerve sensation should not be >104° or <60°
- Add hot water with caution
- For rheumatoid arthritis may end with hot