Contrast Foot Bath

Benefits of Contrast Bath

- Used on extremities for poor circulation
- Increases circulation to the area treated
- Improves time of healing

Contraindications

- Caution with water temps with diabetic clients and those with PVD
  Begin at 100 degrees for hot and 65-70 degrees cold
- If hx of CHF, check with physician before treatment

Procedure

- Hot water - 100-110
- Cold water 55-65

- Place feet in hot water first for about 2 minutes, then begin
  - 30 sec. hot
  - 15 sec. cold

Fill 2 Basins One Hot and One Cold

- Hot water
- Cold water

Keep Temps Stable

Add heated water to the hot to keep it hot and ice to the cold to keep it cold as needed
Procedure

• Continue contrasting 30 sec hot and 10 sec. cold for 7-10 minutes

• As tolerated, intensify temperatures with each treatment

• May apply treatment 1-3X daily for 2-3 weeks

Tips

• Can use swivel chair for easy positioning of hot and cold

• May place basins in tub and sit on side of tub or place swivel chair close to tub

• Always begin treatment with hot and end with cold

Finish

• After last cold dip, dry feet off with dry towel.

• Expect feet and part of leg to become red with hyperemia

• Rest and elevate feet for 20 min. if edema is noted

• To end tx., simply dry feet off