

Contrast Foot Bath



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Benefits of Contrast Bath

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

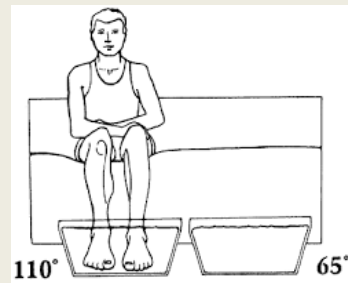
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Contraindications

- 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

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Fill 2 Basins One Hot and One Cold



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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

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Keep Temps Stable

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



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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

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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

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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

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