

## WHAT YOU'LL NEED



A BIN OR CONTAINER  
OF WATER 50-60° F



A BIN OR CONTAINER  
OF WATER 100-105° F

## INSTRUCTIONS

Place injured area in warm water for 3 minutes. Gently flex and move in the water to encourage circulation.

Move to cold water for 1 minute. Continue to flex and move in the water.

Return to warm water for 3 minutes. Repeat this cycle for a total of 5 rounds, ending in cold.

Try using a bucket, large pot, or bath tub for this treatment at home!

This can be replicated with ice packs and heat packs for areas more difficult to submerge.

If possible, monitor the water temperature to ensure it stays close to the target temperatures.

## PRECAUTIONS

Water temperature should be tolerable, not extreme. While the cold might feel uncomfortable, it should be well above freezing- allowing any added ice to melt.

Contrast baths are not appropriate for patients with open wounds, or healing surgical incisions. Use the ice/heat pack variation, if still recommended by your provider for treatment of swelling.

If you have a cold allergy or Raynaud's Syndrome, avoid cryotherapy, including contrast baths and ice packs.

Patients with heart conditions should consult their physician prior to using cryotherapy.

**CONNECT WITH OUR TEAM FOR INDIVIDUALIZED ASSESSMENTS  
AND RECOMMENDATIONS.**