

### **Contrast bathing (for sub-acute sprains and sprains & to reduce swelling)**

Is the alternation of hot and cold to injured tissue/joint to promote blood flow (eg. nutrients & oxygen) and aid lymphatic drainage (to reduce swelling). You always start with COLD! It is also helpful to 'flush' chronic inflammation out of area. It should NOT be used until the sub-acute stage (pain, swelling & heat reducing)! You can use a bowl of hot (test with elbow first) and a bowl of cold water, a hot wheat/cherry stone pack and an ice pack/frozen peas or a shower, turning the heat up and down (test with another area to check its not too hot!).

1. Cold: 5-7 mins
2. Hot: 3-5 mins
3. Cold: 3-5 mins
4. Hot: 3-5 mins
5. Cold: 3-5 mins
6. Hot: 3-5 mins

Suitable strengthening and stretching exercises may also be indicated. Please ask your therapist for details.

e: [kclark@altonadvancedbodywork.co.uk](mailto:kclark@altonadvancedbodywork.co.uk)

w: [www.altonadvancedbodywork.co.uk](http://www.altonadvancedbodywork.co.uk)