

READY SET WORKRIGHT

CONTRAST BATH

A contrast bath is simply alternating a warm water bath with a cold water bath. It is used to help stiff joints, inflammation or swelling, or muscle spasms. Athletes commonly use it to aid in muscle damage, sore or painful muscles, and to speed up recovery after injuries.

CONTRAST BATH RULES

Contrast Bath:

- Cold Water 50-60F
- Warm Water: 100-105F

Instructions:

1. Gather 2 containers big enough to submerge the affected area. Fill one with Cold water 50-60 F and the other with Warm water 100-105 F.
2. Place affected area in warm water for about 3 minutes, gently flex and move around in water to encourage circulation.
3. Next move to cold water for 1 min and continue to move around and flex in the water.
4. Alternate from warm (3 min) to Cold (1 min) about 5 times.

Caution:

- Water Temperature should be tolerable but not extreme.
- You will go through 4 stages of Icing: Cold, Burning, Aching and Numb (this is normal)
- Contrast Baths are not recommended for individuals with:
 - Open wounds
 - Raynaud's Syndrome (cold allergy)
 - Heart conditions

