



INSTITUTE OF ADVANCED ORTHOPEDICS

MALANKARA ORTHODOX SYRIAN CHURCH

Medical College Hospital, Kolenchery, Ernakulam

Dr Sujit Jos MS(Orth), FRCS Glas., MCh(Ortho), MRCS Edin.

Prof & HOD ORTHOPAEDIC SURGERY

Contrast foot bath

A contrast foot bath is a type of hydrotherapy that involves alternating between hot and cold water to treat foot problems like pain, swelling, and inflammation. It can also help improve circulation and promote healing

Take water in 2 tumblers. Warm in one (can add some salt – 5tsp per litre), Cold in one tumbler.

Immerse the foot in warm water for 3 minutes and then in cold water for 30 sec. This has to be repeated again for 5 times.

