

## **ALTERNATING FOOT BATHS**

Alternating hot and cold foot baths involve the immersion of the feet alternately into hot and cold water. This treatment will reduce pain locally and in distal parts. It will also increase circulation to the area and increase immunity, nutrition, and lymph drainage.

### **Indications**

Alternating hot and cold foot baths are used to treat infections, arthritis, venous stasis ulcers, fractures, edema, and injuries including sprains, strains, and bruises after 24 hours.

### **Contraindications**

Do not use alternating hot and cold foot baths in persons with cancer, diabetes, haemorrhage, or patients with diminished sensations.

### **Caution**

Always finish with a short cold bath except in persons with rheumatoid arthritis whose condition is aggravated by cold. End treatment with warm bath in this case.

### **Supplies**

2 basins or tubs for feet  
bath thermometer  
towels  
hot and cold water  
cold compress for head

### **Directions**

- Prepare a tub with hot water at 105-110 degrees F. This temperature is slightly hotter than average for a hot tub. Prepare alternate tub with cold water at 45 degrees F.
- Immerse feet in tub with hot water for 3 minutes.
- After 3 minutes, change feet to cold foot bath and immerse feet for 30 seconds
- Make 3 complete changes between the hot and cold tubs (3x hot, 3x cold)
- Always start the treatment with the hot bath and finish treatment with the cold bath.
- If you start sweating, place a cold compress on your forehead.
- Dry feet thoroughly and rest in bed for at least 30 minutes
- Add hot water to the hot tub if the temperature falls below 105 degrees.
- The greater the contrast between the hot and cold water, the stronger the treatment.
- Place disinfectant such as betadine, vinegar, hypericum, or calendula tincture in water if treating an infected wound.