

CONTRAST BATH

→ Contrast bath consist of alternate hot and cold treatment.

→ Alternate heat and cold treatment produces kind of cyclic exercise of vasoconstriction and vasodilation of superficial blood vessels.

Effects :-

The primary effect of alternate ~~period of vasoconstr~~ treatment

This pumping actions improves the peripheral blood flow and decrease the pain which helps in venous and lymphatic return.

Sensory Stimulation

Cutaneous hot & cold receptors are alternatively activated

Pain

→ The strong sensory stimulation suppresses the pain by means of pain gate mechanism.

→ There is also sedative effect, helps in reducing the pain.

Temperature Ranges

- For cold immersion $10^{\circ} - 15^{\circ}C$.
This temp. is increased as the proportion of body area immersed increases.
- For hot immersion $40^{\circ} - 44^{\circ}C$.
This temp. is decreased as the proportion of body area immersed increases.

Treatment Duration

The most commonly used ratios are 3:1 and 4:1 i.e., 3 or 4 minutes in hot immersion and 1 minute in cold immersion.