

Methods of treatment :- Two suitable size water baths are filled at $40-44^{\circ}\text{C}$ and cold water at $10-15^{\circ}\text{C}$.

It is usual to start and finish immersion in hot water

but sometimes in sub acute condition it is beneficial to finish the treatment following cold exposure and in chronic condition finished with hot.

Place the limb in hot water for 3-4 minutes immediately afterwards place the limb in cold water in 1 min.

Repeat the cycle for 3-4 times and maintain

hot and cold water at constant temperature.

Indications :-

Edema reduction

Pain reduction

Impaired circulation

Increasing range of motion

Sub acute or chronic inflammatory conditions.

Contraindications :-

Acute injury

Hypersensitivity to cold

Advanced peripheral vascular disease

Contraindications related to cold application

Contraindications related to hot application

