



**Dr. Christopher Segler**  
Sports Medicine Specialist  
Award-Winning Expertise  
**415-308-0833**

## **Contrast Bath Instructions**

Contrast baths are an effective way to reduce the inflammation associated with ankle sprains, tendonitis and other forms of acute inflammation. We recommend that you do the following once or twice a day, particularly at the end of the day or after activity. This will take about 20-30 minutes total.

Prepared two pans of water large enough to soak the foot/ankle:

- One soaking pan with cold/ice water
- One soaking pan with warm/hot water

Place the foot/ankle in the **cold**/ice water for 3-5minutes

Take the foot out and immediately place in warm/**hot** water for 2-3minutes

Take the foot out and immediately place in **cold**/ice water for 2-3minutes

Take the foot out and immediately place in warm/**hot** water for 2-3minutes

Take the foot out and immediately place in **cold**/ice water for 3-5 minutes

**\* ALWAYS start and end with the cold/ice water.**

Do not do this if you have diabetes or peripheral arterial disease.

Call ***Doc On The Run Podiatry House Calls*** at 415-308-0833 to talk directly with Dr. Segler anytime you have questions or concerns.

Take care of yourself and get better fast!

Sincerely,

A handwritten signature in black ink, appearing to read 'Chris Segler', with a long horizontal flourish extending to the right.

Dr. Christopher Segler  
Award Winning Podiatrist  
San Francisco Bay Area  
Available and On-call 24/7

**Warning: DO NOT perform contrast baths if you have any history of diabetes, peripheral vascular disease, poor blood flow, frostbite or Raynaud's. Never begin any treatment without your doctor's advice.**

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