



Phoenix \_\_\_\_\_  
**FOOT & ANKLE**  
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## **CONTRAST BATHS**

- Put your foot in a bucket of ice water for one minute.
- Transfer your foot immediately into a bucket of warm water for five minutes.
- Repeat this process for approximately twenty minutes.

This treatment should be done at least one to two times a day.

If you have any questions or concerns, please call the office.

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