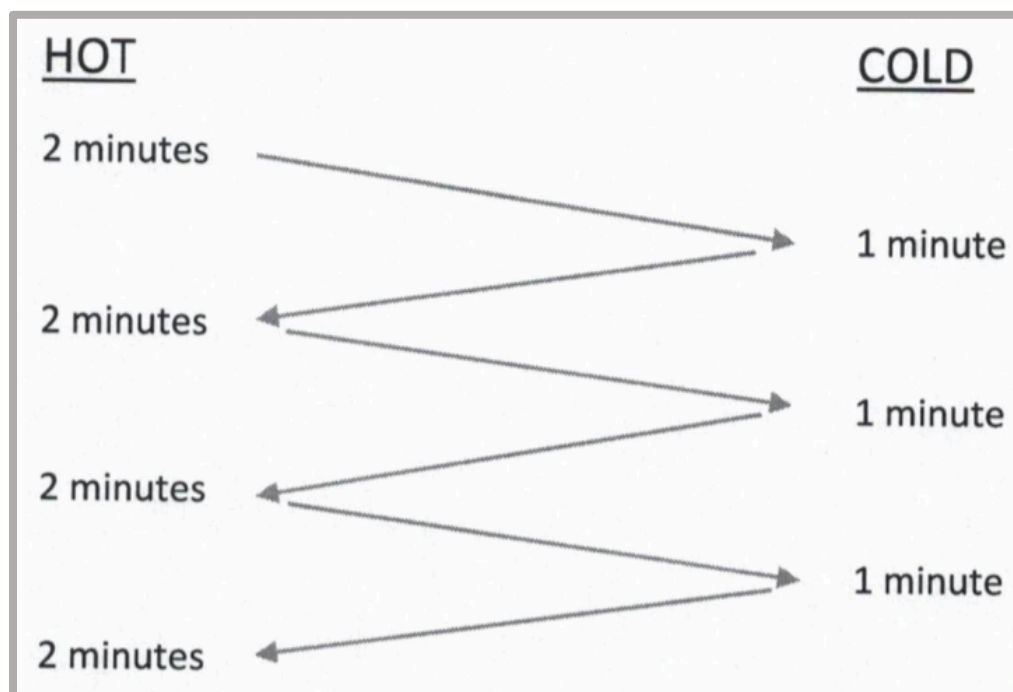


## Contrast Baths for Hands

Fill one large basin or similar container with cold water at 55-65 degrees Fahrenheit (12-18 degrees Celsius) & fill another basin with warm water at 100-110 degrees Fahrenheit (58-48 degrees Celsius). Place hands first in hot water and then in cold water following the schedule below:



The contrast bath should be used once or twice daily.

A lavatory or sink can be used for the hot water. For the cold water a large plastic dish pan about seven inches deep is satisfactory. A double sided sink is also helpful.