

# Contrast Hydrotherapy Instructions

Erik Vose, NMD  
[www.BeNaturopathic.com](http://www.BeNaturopathic.com)  
office phone: 520-546-3233  
cell phone: 520-276-8315

The instructions below explain how to complete contrast hydrotherapy. You have been recommended to try this simple and effective at home therapy for the treatment of your condition.



The word “contrast” refers to contrasting temperatures of water, from warm to cool, not extreme temperatures. By using **moderate temperature alternating temperatures of water**, the body will respond differently than just warm or cool water alone.

Contrast hydrotherapy has many beneficial effects on the body:

- Balances the autonomic nervous system, encouraging “rest, digest, and repair”
- Increases blood flow to all areas of the body, speeding up tissue repair
- Decreases inflammation and swelling
- Decreases pain
- Removes lymph and other cellular waste

**There are two ways to perform this therapy.** Contrast hydrotherapy can be applied to the skin in small areas, or used in a shower on the whole body. The therapy described in this handout is the “shower” method, but the same principles apply if you are using a hot pad and ice pack topically. You can do it as frequently as desired, ideally 1-3 times per day.

1. Start with 3 minutes of warm water
2. Then alternate to room temperature/cool water for 30 seconds. The cool water is best applied by starting with the feet and legs, then hands and arms, then lower abdomen and chest, then lower back and upper back, and finally ending on the face/head (or skipping the face/head altogether if its too intense).
3. Return to warm water for another 3 minutes, then back to cool water for 30 seconds.
4. Repeat this process once more (three times total), ending on cool water.

Your treatment plan includes performing this therapy \_\_\_\_ times per day.