

SUPPAN FOOT & ANKLE CLINIC

Dr. J.N. Suppan

1720 PARADISE RD

ORRVILLE, OH 44667

Phone: 330-682-6070

[nbowman@suppanclinic.com](mailto:nbowman@suppanclinic.com)

CONTRAST BATH

Begin soaking your feet in warm water at 100 degrees F for 4 minutes, followed by soaking your feet for 1 minute in COOL water at 65-70 degrees , then warm 1 minute, cool 1 minute, and then warm 4 minutes. This should be done twice a day, in the morning and the evening.

09/16