CENTEROCK PODIATRY ASSOCIATES, P.C.

DR. CHARLES J. WOLFF, F.A.C.F.A.S.
DR. TODD R. STEWART, F.A.C.F.A.S.
DR. KEITH E. BORTNIKER, F.A.C.F.A.S.
DR. MICHAEL J. HUCHITAL, A.A.C.F.A.S.
DR. KENNY LUONG, A.A.C.F.A.S.
PODIATRIC MEDICINE AND SURGERY
2 CROSFIELD AVENUE SUITE 302
WEST NYACK, NY 10994
TELEPHONE (845) 358-2844 FAX (845) 358-0528

CONTRAST BATHS

- 1. Prepare 2 containers of water. One is to be ice water and the other very warm but not scalding.
- 2. Soak foot in warm water 5-10 minutes and then immediately submerse into ice water for as long as tolerated
- 3. Repeat twice a day