

# Advanced Ankle and Foot

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## Instructions for performing Ice massage on the Foot/Ankle:

Get a Styrofoam cup and fill it with water. Put it into the freezer until frozen, then tear off about one inch of the top of the cup for the ice to be exposed. Apply the ice in a circular manner for 10 minutes at least twice a day.

You can also opt to place a 16 oz water bottle in the freezer until frozen. Remove the frozen water bottle from the freezer and place on the floor. Roll the bottom of your foot over the frozen water bottle for 10 minutes at least twice a day.

## Instructions for a contrast bath:

Put your foot/ankle into the bath tub and open the drain. Pour hot water on the injured area for 3 minutes to be followed by 1 minute of cold water. Do this at least for 3 cycles of hot and cold. Be careful not to make the water so hot that you burn yourself.

