

Contrast Baths and Texture Skin Rubs

Purpose:

Contrast baths and texture skin rubs are designed to desensitize the limb. They send **non-painful** sensory stimulus to higher levels to “confuse” the body and “block out” painful stimuli.

Contrast Baths:

Tools: 2 buckets and water

Bucket W contains warm (not hot) water.

Bucket C contains cold (not ice-cold) water.

Directions:

1. Place the affected limb in bucket C. Allow for 30 seconds or until foot acclimates to temperature.
2. Next, place the affected limb in Bucket W. Allow for 30 seconds or until foot acclimates to temperature.
3. Repeat steps one and two for five to 10 minutes, three to five times each day.

Texture Desensitization:

Tools: 10 household textures with different feels. *Nothing that would irritate skin (i.e. steel wool).

Examples: *Silk, terry cloth, tissue paper, toilet paper, satin, cotton, wool, felt, denim, corduroy, nylon, paper towel, etc.

Directions:

1. Take texture and rub on affected part for five seconds.
2. Change to next texture and rub for five seconds.
3. Continue through various textures for five to 10 minutes, three to five times each day.

*If pain is improving, you can eventually add a soft scrub brush or a loofah sponge to increase sensory stimuli. Continue to avoid any damaging substance. Ask your physician if you are unsure about a particular substance.