

WET SOCK HYDROTHERAPY

SUPPLIES:

- ◆ 1 pair white cotton socks
- ◆ 1 pair thick wool socks
- ◆ Towel
- ◆ Warm bath or warm foot bath

- Take a pair of cotton socks and soak them completely with cold water. Be sure to wring the socks out thoroughly so they do not drip.
- Warm your feet first. This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first. Warming can be accomplished by soaking your feet in a hot foot bath for at least 5-10 minutes.
- Dry off feet and body with a dry towel.
- Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
- Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.
- If needed, you may remove the socks after an hour, but leaving them on overnight is optional.

www.dr-toby.com

Toby K. Hallowitz, ND, MSOM, LAc 101 N. Evergreen, Spokane Valley
509.228.3528