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COLD LEG WRAP

1. Soak 2 large bath towels or small flannel sheets in cold water and wring out.
2. Wrap cold towels snugly around legs from feet up past knees.
3. Wrap both legs in plastic, a garbage bag works well.
4. Cover both legs with a blanket.
5. Elevate legs above level of the heart.
6. Rest for 30 minutes.

The purpose of this treatment is to stimulate venous circulation to reduce edema, swelling, pain and inflammation.