

File Created by [Blogging Rebirth](#) WP Plugin

# Muscle Recovery: Contrast Therapy

\*Sorry this took so long to post. It's been crazy lately with my Mom's cancer (which is now completely gone as far as we know - confirmation in about a week when she goes back for her check up - and she's not taking painkillers and she's doing really well now) but I've got a day off, so I can finally finish writing this (it's been a half completed draft for what seems like forever!)

This short series on [muscle recovery](#) is getting awesome. It's already getting some attention from Google and people are learning how to recover faster and reduce pain through the simple techniques I've provided.

My most popular post in the series so far has been the one on [self myofascial release](#), so you might want to check that one out (and if you leave a comment I'll post a part two with some more in-depth tips on SMR).

Now let's move onto contrast therapy. The most common form of contrast therapy is...

## Contrast Hydrotherapy

This can be done with baths or with a shower (my preferred method because it's more convenient). The goal here is to switch between hot & cold water. We all know that both heat & cold are used for therapy, but combining them is even more effective - and doesn't have to add any time to your training.

Let's assume you shower after exercise/working out (please don't tell me if you don't). If you're working hard enough to worry about muscle recovery, you're probably going to need a shower. So naturally, you'll have a shower afterwards.

This is the perfect time to do some contrast hydrotherapy. There are multiple ways to do it, and I recommend trying each of them to see what works best for you. You can do a 1:1, 1:2 or 1:3 cold:hot ratio.

Always start & end with cold water for best results. Not only is this good for muscle recovery, it's also good for fat burning (nifty side bonus) and it's good for your hair (I'm the kind of person who shaves my head instead of doing my hair, so I'm not sure why I know that or care about that...).

Personally, I find a 1:3 ratio works well for me. So I start with 15 seconds of cold water, then 45 seconds of hot water. You can do it with longer periods as well, I just like short showers so doing 1 minute of cold & 3 of hot takes too long - especially since you should go through at least 3 cycles of cold/hot.

Big Tip: Keep moving - especially during the cold treatment. Moving keeps your blood flowing and will help the recovery just that much more.

In summary:

Figure out whether 1:1, 1:2 or 1:3 ratio works best for you

Choose how long the cycles are going to be (mainly depending on how sore you are & how long you want to shower for)

Always start & end with cold

Keep moving!

This is probably my favorite recovery technique because it takes up no extra time in my day and it's so simple!

Try it out and let me know how it works for you.

Shawn Horwood

P.S. I've got some really cool stuff planned, but I'm still helping take care of my mom since she's not supposed to

do much while she's recovering from cancer surgery, but come August I'll be doing some really cool stuff - including aiming to get rid of my own fat that I've been letting accumulate so I'll let you follow along on my progress.

You can also find this article published on [Muscle Recovery: Contrast Therapy](#), and on the tag pages [contrast hydrotherapy](#), [contrast therapy](#), [faster muscle recovery](#), [hot and cold bath](#), [hot and cold baths](#), [hot and cold contrast therapy](#), [hot cold bath](#), [hot cold baths](#), [hot cold contrast therapy](#), [muscle recovery](#), [muscle recovery techniques](#), [muscle recovery tips](#), [quick muscle recovery](#).