



## **BLISTERS AND SPORT**

### **FOOT BLISTERS:**

Foot blisters are a common injury experienced by active people, runners, hikers, court sport players and by everyday people. They can be exceptionally painful and limiting.

### **WHAT CAUSES BLISTERS?**

Blisters are an injury of shear & friction.

**Shear** is the sliding of tissue layers over one another and it happens internally, below the skin's surface

**Friction** is a type of force, it is necessary for shear to reach blister-causing levels

**SHEAR + FRICTION = BLISTER**

Rubbing underneath the skin causes the blisters not rubbing on top of the skin.

### **HOW TO PREVENT BLISTERS?**

- Good shoe fit and lace technique
- Socks – moisture wicking
- Cushioned insoles – gel
- Orthotics
- Padding / Patches
- Avoid moisture on skin – powders