

# TRAINING TIP OF THE WEEK

## BANISH THE BLISTER

Blisters are a common complaint of athletes, especially in sports that are endurance or that require a lot of stop and go. Blisters form when moisture on the skin causes adhesion of the top layer of skin to a sock, shoe or racket. This increases friction between skin layers with leads to accumulation of a fluid or blood, forming a blister. Factors that lead to blister formation are poorly fitting shoes, sock choice, foot structure, debris in shoe, or increased level of activity. The number one way to prevent blisters is to get a good fitting pair of shoes that don't cause pressure areas and that don't let your feet slide inside the shoe. Next in importance is sock choice, with key features being a synthetic blend that wick moisture away from the skin, have 2 layers to prevent friction, and are thicker in the heel and ball of foot to give extra cushioning. Antiperspirants or powders can be used to minimize moisture and Vaseline, blister pads, or hairspray can be applied to blister prone areas as barrier prevention. If you do get a blister, the quickest form of treatment is to clean the area and then drain the fluid with a sterile needle. The overlying skin should be left in place and then an antibiotic ointment and bandage applied to prevent infection. If you are in the midst of a competition and get a blister, a donut-type dressing held on by athletic tape can be applied to relieve direct pressure from the blister and allow you to keep going. In rare instances, large blisters may require an athlete to take a few days off.



[www.AthleticareSportsMed.com](http://www.AthleticareSportsMed.com) is a great resource for all your sports medicine questions



128 E. Milltown Rd., Suite 105  
Wooster, OH 44691  
**330-345-8060**