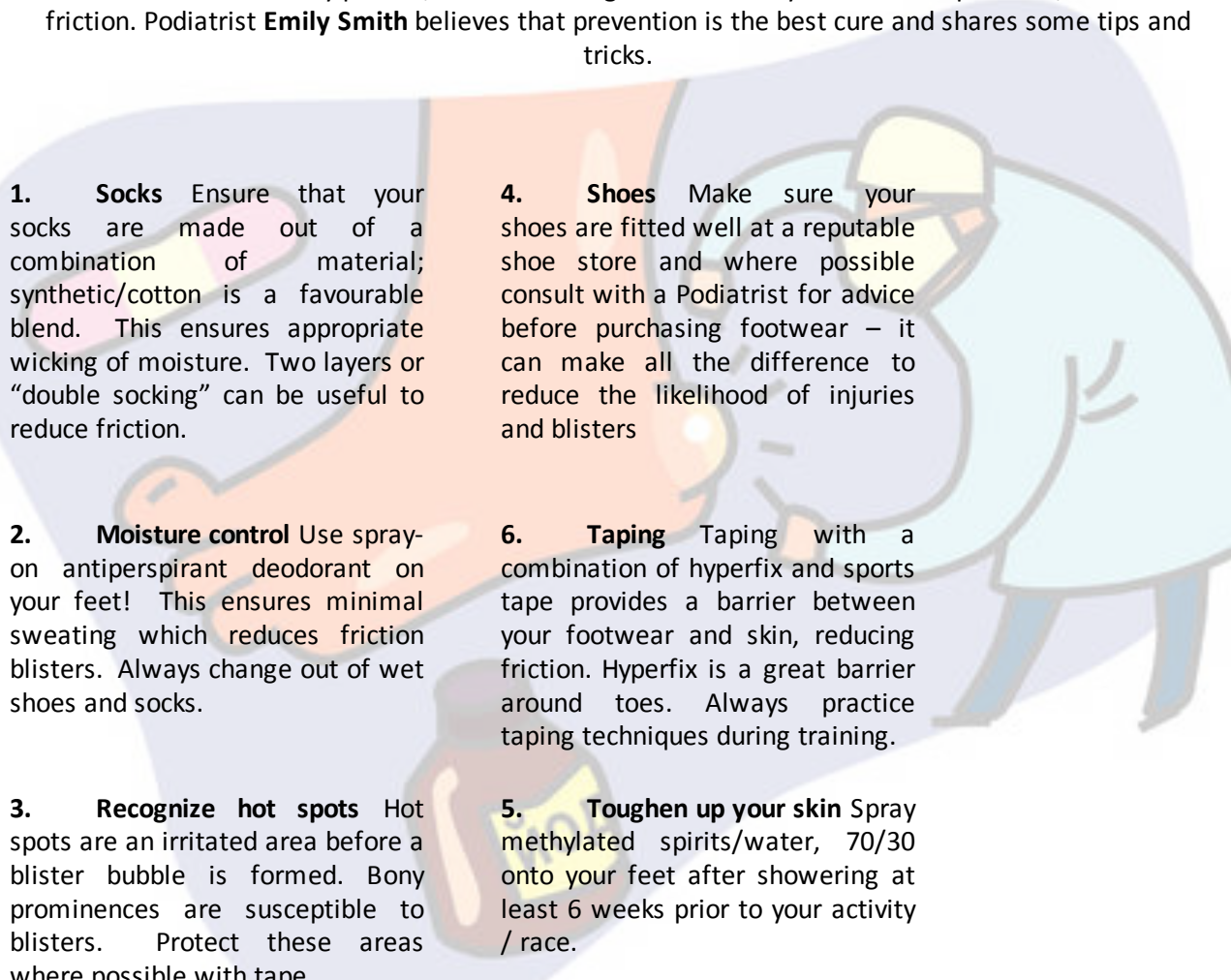


BLISTER PREVENTION

Don't let blisters stop you in your tracks

Blisters on feet are not only painful, but debilitating and commonly occur due to pressure, moisture and friction. Podiatrist **Emily Smith** believes that prevention is the best cure and shares some tips and tricks.



1. Socks Ensure that your socks are made out of a combination of material; synthetic/cotton is a favourable blend. This ensures appropriate wicking of moisture. Two layers or “double socking” can be useful to reduce friction.

2. Moisture control Use spray-on antiperspirant deodorant on your feet! This ensures minimal sweating which reduces friction blisters. Always change out of wet shoes and socks.

3. Recognize hot spots Hot spots are an irritated area before a blister bubble is formed. Bony prominences are susceptible to blisters. Protect these areas where possible with tape.

4. Shoes Make sure your shoes are fitted well at a reputable shoe store and where possible consult with a Podiatrist for advice before purchasing footwear – it can make all the difference to reduce the likelihood of injuries and blisters

6. Taping Taping with a combination of hyperfix and sports tape provides a barrier between your footwear and skin, reducing friction. Hyperfix is a great barrier around toes. Always practice taping techniques during training.

5. Toughen up your skin Spray methylated spirits/water, 70/30 onto your feet after showering at least 6 weeks prior to your activity / race.