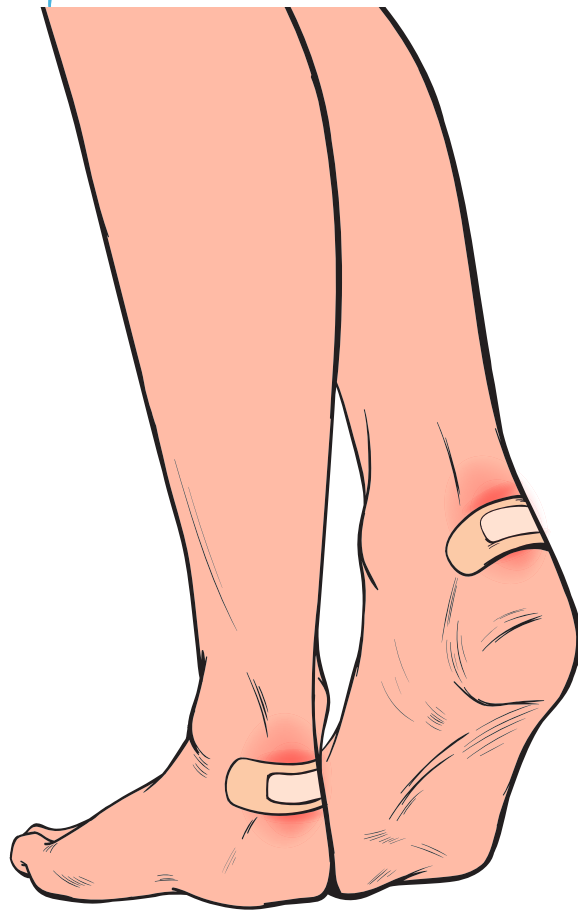


m health

wellbeing | fitness | performance



BLISTER PREVENTION

Blisters

Blisters are the result of friction which can be caused by numerous things such as

- Hyperhidrosis – (excessive sweating)
- Moisture – sports involving water or occlusive footwear/socks
- Abrupt stopping – netball, tennis, running etc
- Pressure due to poor footwear
- Pressure due to bony prominences
- Pressure caused by joint restrictions and biomechanical deficits

If blisters are a common occurrence for you, don't ignore them! See our Podiatrist today.

If you are suffering with sporadic blisters or hot spots, try implementing the below, and if problems persists, see our Podiatrist.

- Check your footwear for any wear or tear that may add to friction and excessive moving within the shoe
 - Ensure footwear is breathing and not causing excessive sweating
- Trial blister blockers from your pharmacy or your local shoe store
- Change your socks regularly during the day
 - Experiment with anti blister sock

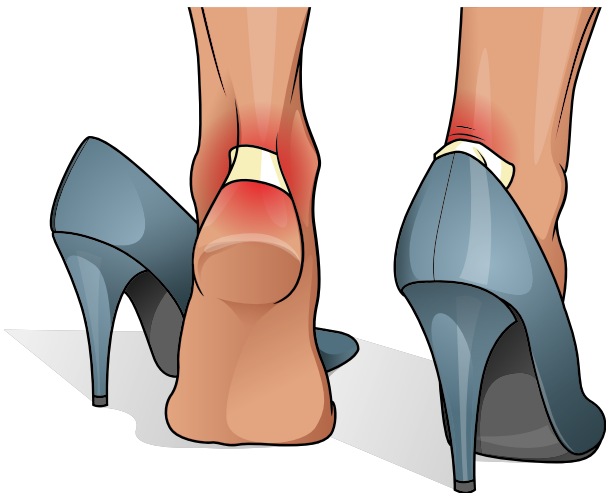
If you have a painful blister DO NOT LANCE or DE ROOF it. Flush with Betadine and/or Saline and make an appointment to have the blister treated and cleaned to allow proper healing and future prevention.



Blister



Shoe Causing a Blister



Infected Blister