

# Blisters



## DEFINITION

Blisters are small pockets of fluid contained within the upper layers of the skin containing a watery fluid called serum or plasma. They can also be filled with blood (blood blister) or pus if they become infected. A blister may form when the skin has been damaged by friction or rubbing; the body responds to friction by producing fluid, the fluid builds up beneath the part of the skin being rubbed, causing pressure and pain. The fluid collects between the epidermis (the upper layer of skin) and the layers below.

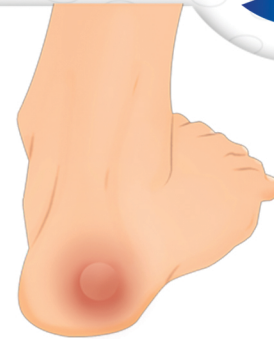
## CAUSES

Blisters are a common problem with athletes wearing new footwear, on hard surfaces (hard courts) or during extended periods of walking or running and sports requiring increased pivoting (medial and lateral movement) such as netball where, consequently friction and heat are generated.

## TREATMENT

If the blister has not broken leave it alone. Most blisters are reabsorbed and heal on their own; a deflective or protective padding may help.

Cushioned technical innersoles such as polyurethane, foam and gel may help ease symptoms



and prevent recurrence of the blister as they offer superior cushioning and pressure deflection from contact areas of the foot

Well fitted performance socks of various materials may also be required for certain sports activity where high friction stress is common

Appropriate sports specific footwear is a must in prevention and controlling the likelihood of blisters (i.e netball shoes for a netball player)

If the blister has broken, flush the area with saline solution and dress with a bandaid. Antiseptics may help prevent infection. If problems persist visit your Doctor or Podiatrist for detailed assessment and treatment advice. Antibiotics are sometimes necessary if the blister becomes infected