



Blister Advice

A blister can be a major source of irritation to a runner and it remains one of life's great mysteries as to how something so relatively small can cause so much discomfort. The following information is based on the experiences of the staff at Coventry Runner. However, if you are in any doubt about a blister, particularly if you fear that it may be infected, then always seek medical advice.

Blisters on the feet are caused by friction as shoes or socks rub against the skin causing heat. The outer layer of the affected skin separates from the inner layers and the gap between fills with fluid. The best treatment for blisters is to prevent them occurring in the first place and there are a number of precautions that can be taken to minimise the risk.

- Make sure that your shoes fit properly and support your feet. Properly fitting, supportive shoes is probably the single most important factor in avoiding blisters because foot movement is minimised within the shoe and therefore there is less rubbing and friction. At Coventry Runner, we will help you to ensure that your shoes fit properly so if in doubt ask for some advice.
- Change your socks regularly and choose specialist running socks. These are designed to fit well and minimise heat and moisture at the skin surface. Coventry Runner stocks a range of such socks and staff will be happy to explain their features and functionality.
- Always try to keep your feet as dry as possible. This will further minimise the risk of blisters.
- If your feet are prone to blisters apply a second skin style dressing to the potential problem areas to help protect them.

If all preventative measures fail and you suffer a blister, your aim should be to minimise discomfort and disruption to your training.

- Keep the area as clean and dry as possible. If the blister is left alone it should settle down and heal relatively quickly.
- Keeping the blister clean is particularly important if it has burst because the skin will be broken.
- Applying a product such as 'Compeed' to the blister will give cushioning and protection for several days, allowing it to heal with minimal discomfort.