

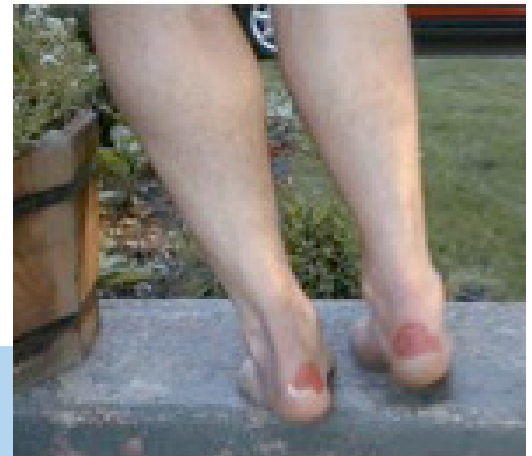


**PLAYING MY BEST**  
**SPORTS**  
DISCOVER YOUR ELITE ATHLETE



## BLISTERS

Blisters occur quite often in athletes. Blisters form when the skin rubs against another surface causing friction. The layers of the skin separate from the friction and fluid seeps into the space. Soles or heels of the feet and palms of the hand are the most common area. Hands usually hold racquets or other equipment and feet rub against shoes or boots. Blisters form more easily on moist, warm skin.



### FACTORS THAT CONTRIBUTE TO INJURY

- Improperly fitting shoes or cleats
- Lack of calluses or large calluses that have not been shaved
- Soccer socks that are too thick
- Moist, sweating feet
- New cleats

### TREATMENT

- Leave small blisters alone and intact. Use your own skin as a protection
- Larger blisters can be drained
- Sterilize a pin and prick blister at outer border
- Clean blister with alcohol or soap and water
- Drain fluid
- Apply antibiotic ointment
- Cover with sterile bandage
- Change bandage daily



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

**FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300**

5848 S. 300 E. Murray, Utah 84107 • [www.playingmybest.com](http://www.playingmybest.com)

## TREATMENT

- Apply petroleum jelly around friction areas
- Wear properly fitted shoes
- Wear synthetic blended socks
- If you feel a “hot spot,” stop and try to reduce friction to the area by changing socks using 2nd skin, moleskin, etc.