

Claremont-Mudd-Scripps Sports Medicine FAQs

Frequently Asked Questions

Question: How do I prevent blisters?

Answer:

Blisters are caused by excessive friction. By reducing or eliminating friction we can prevent blisters from occurring and affecting athletic activity. Make sure your footwear fits properly; shoes that are too tight or too loose will cause blisters. Also, it is common to sweat at levels that reduce the ability for footwear or equipment to prevent friction. By removing insoles and/or stuffing shoes or equipment with newspaper overnight, they are able to dry out, reducing friction and also preventing other skin problems. During hot or early season practices when your feet may not be acclimated to excessive work loads, wearing two socks can reduce friction. Other tricks to prevent blisters include the use of specialty tapes, moleskin, petroleum based lubricants (such as skin-lube® or Vaseline®) over spots that are prone to blister. Using ice to cool hot spots on the feet during or after activity may also reduce potential blisters. The use of an anti-perspirant can also reduce the amount of perspiration or sweat on hands and feet. With sports that utilize implements or equipment held in the hands, using talcum powder to reduce friction and moisture can also prevent or reduce the frequency of blisters. ¹

1. Prentice WE. Arnheim's Principles of Athletic Training. 11th ed. Boston: McGraw-Hill; 1997.

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Do YOU have a question you have been dying to ask? Send us an e-mail. If your question is selected for our FAQ page you could receive a gift certificate to a tasty shop in the Village.

Write to us at SportsMedicine@cms.claremont.edu and let us know what you think.

We hate spam as much as you do. To have your name added or removed from our mailing list, just type ADD or REMOVE in the subject line and please, include your sport when contacting us.

