



**TIPS TO “GUARD” AGAINST BLISTERS**

CPRS Physical Therapy  
Jeff Shields, Director of Athletic Training Services  
[jshields@cprsweb.com](mailto:jshields@cprsweb.com)

Basketball demands the athlete’s foot to be placed under significant stress with excessive jumping, quick change of direction and excessive running during conditioning periods. These demands lead to “hot spots”, which are the areas on the foot that develops friction blisters. Friction blisters are among the most common foot injuries associated with basketball, and with severe cases can lead to missed practice time.

**PREVENTION OF FRICTION BLISTERS**

- Wear acrylic fiber socks vs. cotton fiber socks
- Apply a lubricant to high friction areas on the foot – use skin lube, Body Glide directly on the skin before placing on your socks
- Remove wet socks immediately following practices/games – change into dry socks at halftime of games if you have a history of developing blisters
- Always wear properly fitted shoes
- If blisters are starting to develop – apply a cold bath (55 degrees) and soak for 10 -12 minutes following practice and games to help reduce the friction areas
- Apply powder and drying agents to help control the moisture of your feet
- Consult your nearest CPRS Physical Therapy location – visit [cprsweb.com](http://cprsweb.com)