



Article published on December 5th 2011 | [Health](#)

The answer is yes and no. Confused? Don't be. It depends on what precautions and care you take when you're your favorite sports that decides if you will end up with a boat load of blisters or not.

As any sportsman or woman will tell you that a blister is part and parcel for anyone who indulges in sports and/or outdoor activities. Usually people who play a lot of sports end up accepting that these are the price that they are paying for their wonderful jobs of being sportsmen or women.

But what they don't understand is that one can take steps that you can take to avoid blisters and reduce the risk of infection and pain if you do get one.

By definition a blister is a boil on the skin (the outermost layer of skin that is) filled with bodily fluids. These fluids can be water, blood or pus.

Blisters for sports men usually occur on hands and feet. However, there is no restriction on them to not occur anywhere else on the body. Golfers usually get them on their hands, which is why they wear gloves. Runners on their feet obviously, for which proper precautions are taken by them and so on and so forth.

Blisters are caused by various factors, friction that happens between the skin and shoes, equipment, gloves and/or socks. They can also occur due to excessive moisture leading to chafing. Each of the scenarios mentioned are ideal for giving birth to a blister.

The clear cut first step to avoid blisters is to reduce the amount of friction between shoes and feet, gloves or other equipment and hands etc.

This can be done by buying and wearing appropriate footwear. This includes proper sized shoes, socks that are made from synthetic blends.

A person can also develop telltale hot spots. If you notice one the first thing you should do is to make shoe and clothing adjustments as soon as possible. Also one can use products such as an anti blister or chafing gels on the identified hot spot.

It is also useful if a person with a hotspot uses moleskin bandages on the hot spot.

Also another precaution could be to keep hands and feet dry as much as possible and to take time to break in to the new shoes and socks that you have just bought. A sportsman or woman could also avoid the test run/drive etc. before competition or avoid extended activity.

Article Source:

<http://www.articleside.com/health-articles/are-blisters-the-price-for-playing-sports.htm> - [Article Side](#)

[Alice Merry](#) - About Author:

Looking for high quality, reliable and affordable a [moleskin](#) or a [medical supplies](#)? Look no further! Our top quality products are simply perfect for everyone.

Article Keywords:
sports,playing,price,blisters

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!