



Blisters



These are commonly found amongst athletes and can lead to pain and infection if left untreated. A blister occurs when a tear occurs between the top layers of the skin. The tearing occurs from repeated shearing stresses caused by frictional forces applied to the skin. The shearing is often caused from objects such as socks, an innersole, a shoes or even from the ground itself.

Podiatrists not only focus on the immediate treatment of the blisters using sterile techniques, but also advise on possible preventative measures. Structural abnormalities and biomechanical dysfunction which increase shearing stresses can also be addressed.

Call 9388 9999