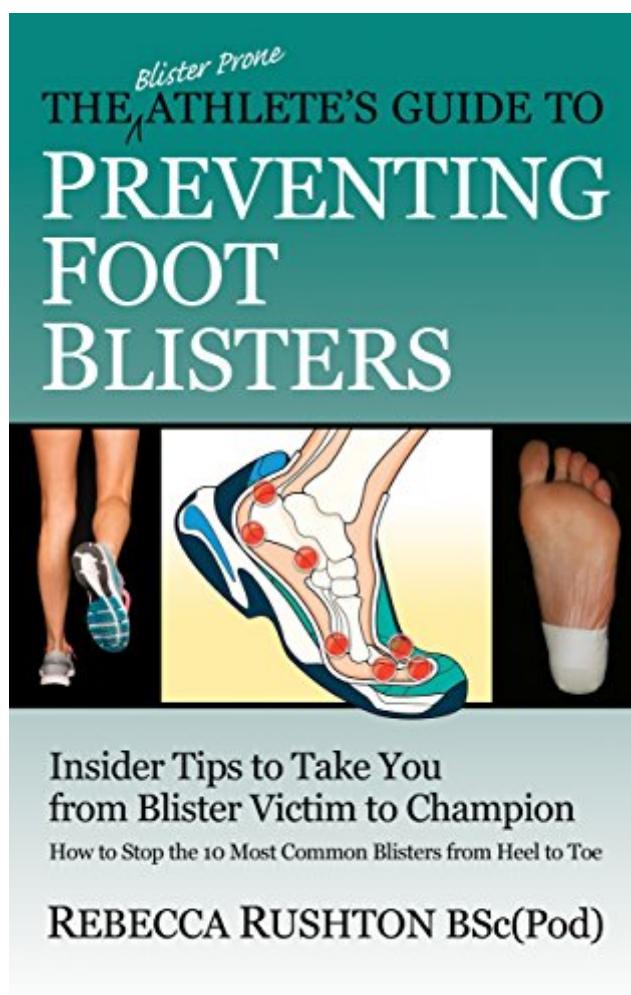


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# The Blister Prone Athlete™s Guide To Preventing Foot Blisters



## Synopsis

Do You Feel Like You're Fighting A Losing Battle With Your Foot Blisters?\* If your feet seem to be in a constant state of blister recovery\* If you're spending too much money on blister products that don't work\* If you're sick and tired of the time it takes to prepare your feet every day\* If you're running or walking differently to favour the blistered areas of your feet\* If you're afraid to push yourself because you can't trust how far your feet will take you\* If you're still getting blisters on your feet in spite of getting new shoes, trying all sorts of blister socks, applying blister tapes and dressings, Vaseline, powders or other anti-blister treatments\* If you've given up on blister prevention and are relying on foot blister treatment to get you throughIt's Time For You To Take A Different Approach. Whether You're Dealing With Stubborn: Heel blisters - at the back of your heel Edge blisters (on the edges of your feet) Blisters under the ball of your footBlisters on the tops of your toesBlisters between your toesLittle toe blistersToenail blistersBig toe blistersArch blistersâœThe fact is, stock-standard blister prevention techniques don't always work. Especially for those a little more blister prone than others. Thankfully, when you understand the four factors that combine to cause blisters, it changes everything. And I'm not talking about heat, moisture and friction. If you want to get on top of blisters in sport - these are a given!You need to find solutions knowing it's going to be hot and sweaty in your shoes and friction levels are high.â• It doesn't matter what sport you play, what climate you live in or how blister prone you are, successfully managing blisters becomes easy, whether it's:Running â“ New or experienced runners, track athletes to ultramarathon runners â|Hiking â“ Be it backpacking day trips, through-hiking or expeditions â|Court sports â“ Like tennis, netball, basketball â|Field sport â“ Football, soccer, hockey, â|Or friction blisters from any activity or shoes. Few people are better-placed to help you get on top of your foot blisters. The author, Rebecca Rushton: - Is a podiatrist with over 20 years experience- Specialises in providing blister care in the athletic arena- Educates athletes and sports medicine practitioners on blister management- Has spent a lifetime dealing with her own blister prone feet in her sporting and everyday life âœI'm going to get very specific. This is the direction blister prevention needs to move if it's to be useful. Scroll back up to the top of this page and click on the book image (top left) to take a 'Look Inside' my book.â•

## Book Information

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## **Customer Reviews**

Great info. Would like to see more on these topics. Recovery and repair is a huge issue that usually drives us to look up this type of info.

A very useful book for any runner, hiker or any other person who spends a lot of time on their feed.

Good suggestions.

Have not read the whole book and it opens up the cause and treatment of blisters

A wealth of info that I hope will prevent pain after my upcoming half marathon

Lots of handy information

Great info!

Everything fine

Blisters have long been the #1 food care problem facing runners, hikers, marathoners, ultrarunners - in fact most athletes. Anyone who says they never get blisters simply needs to wait a bit longer, because at some point we all get them. Rebecca Rushton, a podiatrist from Australia, has studied blister formation, read research papers, tried techniques at races, and learned what works and doesn't work. Many athletes have given in to blisters as part of the cost of doing their sport. Fortunately, Rebecca's The Blister Prone Athlete's Guide to Preventing Foot Blisters, is written in clear and concise language with excellent images to show how to both prevent and care for blisters. Its value is two-fold. First, it provides an accurate explanation about blister causes and formation. Secondly, it provides instruction on how to both prevent and treat blisters in the most common areas of the foot: heels, arch, ball of the foot, and toes. This is a valuable book than can help anyone who takes the time to digest its contents and advice. I highly recommend it to all athletes.

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