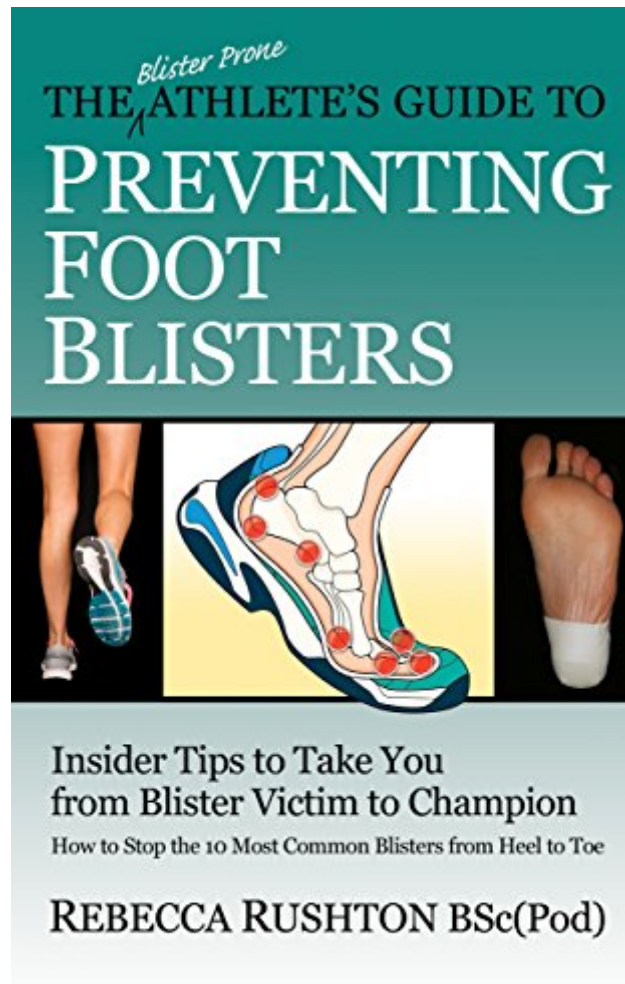


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# The Blister Prone Athlete's Guide To Preventing Foot Blisters



## 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 through

**It's Time For You To Take A Different Approach. Whether You're Dealing With:**

- Heel blisters - at the back of your heel
- Edge blisters (on the edges of your feet)
- Blisters under the ball of your foot
- Blisters on the tops of your toes
- Blisters between your toes
- Little toe blisters
- Toenail blisters
- Big toe blisters
- Arch blisters

The 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.

- 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 - New or experienced runners, track athletes to ultramarathon runners
- Hiking - Be it backpacking day trips, through-hiking or expeditions
- Court sports - Like tennis, netball, basketball
- Field sport - Football, soccer, hockey,

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

I'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.

## Book Information

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## Customer Reviews

Blisters have long been the #1 foot 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. It's 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 that can help anyone who takes the time to digest its contents and advice. I highly recommend it to all athletes.

Rebecca has done a fantastic job with presenting valuable information about blister prevention & relief in her new book, *The Blister Prone Athlete's Guide to Preventing Foot Blisters*. There's so much bad or incomplete information online about blister care, it's refreshing to read about the topic from somebody with practical knowledge of the skin issues that athletes frequently experience.

received an advanced copy of the book, free-of-charge and especially appreciated how Rebecca broke down each chapter based on the location of the blister - heel, edge, arch, ball of foot, and toes. It makes it much easier for people to focus on the particular issue they're facing and the products and techniques that have proven effective to treat blisters in that location. If you've struggled with foot blisters and are ready to give some proven blister prevention methods a try, this is a must-read!

Rebecca's helpful and comprehensive advice has helped me so much as a runner! I suffered an 8 week blood toe blister that would have kept me off the roads for months had I not used some of the strategies in her book. I received an advanced copy of the book and I love it as it's fun to read and the diagrams are colorful and easy to understand. I have recently had to purchase orthotics to help with some of my blister issues and am hoping the combination of biomechanics and Rebecca's book will see me to the end of several finish lines! A must read if you're a runner with blister problems!

Rebecca is truly one of the world's experts on blister care, prevention, and recovery. Her book is loaded with up-to-date tips that go beyond the typical and often incorrect recommendations from others (such as to use petroleum jelly to reduce the likelihood of a blister) and get right to the heart of what truly WORKS to reduce blister risk as well as blister recovery. Thank you for writing this, Rebecca. Runners, hikers, and outdoor enthusiasts the world over will enjoy greater success (and less pain and discomfort) because of your book.

What a great resource for the blister prone and health practitioner alike! Great to see a book that addresses shear AND biomechanical reasons for shear, thank you Rebecca. As a podiatrist I really like the way that Rebecca has written in a way that is easy to read by breaking down cause & blister prevention solution based on foot location. I was lucky to receive a free advanced PDF copy and have no hesitation in recommending this book to anyone needing the latest research and solutions that work for blister prevention to keep you in the race!

This book has opened up a world of treatment strategies, and will be useful to clinicians and laypeople alike. Rebecca provides detailed but simple :) descriptions of causes of blisters and then offers choices of treatment and prevention options which can be tailored to each individual, site of blister, type of activity and point of injury. The information is logical and based on research, and the treatments WORK!!!

It's great to see someone dedicating themselves to solving one of the most common, annoying and underrated running injuries. This guide will provide you with the latest evidence based solutions to preventing blisters. Rebecca has done a grand job in providing clear and concise information on how blisters form in the first place and how you can prevent them developing in the future. A Must have for all Blister sufferers.

A great insight with combination of research and practical application on cause and prevention of blisters. Rebecca is the "go to" lady in the world of blister prevention, so we can finally throw away "old wives tales" and prevent blisters. Interesting, light and enjoyable, I would suggest that all runners and people who work in sports or rehabilitation should read it.

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Foot Pain: Causes & Simple Steps & Exercises to Treat Irritating Foot Pain (Plantar Fasciitis, Bunions, Athletes Foot)  
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Florida Keys Overseas Heritage Trail: A guide to exploring the Florida Keys by bike or on foot  
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