

### Tip for February

#### Do's & Don'ts of Blisters

**Do** apply a specialist blister plaster to the affected area. The dressings act like a second skin and help reduce pain and further damage. The blister can heal underneath.

**Do** use an antiseptic if your blister has popped, apply a normal wound dressing for comfort and keep the area clean.

**Do** check your shoes for worn linings and damaged areas likely to cause blisters on a long walk/run.

**Do** try anti blister running/walking socks; these are designed to reduce friction.

**Don't** pop your blister unless its causing problems, it will heal quicker if left alone.

**Don't** go on a long walk or run without spare socks and blister plasters, if you develop a painful blister it will be a very long painful walk home!

**Don't** walk with wet shoes or socks, this increases the friction and blisters will be inevitable!

**Don't** go on a long walk/run in brand new footwear!

Product examples include, Compeed, Hydrocolloid blister plasters from elastoplast and blister plasters by Scholl.

#### Acute Ankle Injuries

The most common ankle injury is a sprained ankle and should immediately be treated with first aid (R.I.C.E) Rest, Ice, Compression and Elevation to help reduce inflammation and swelling.

Some more persistent ankle injuries need assessing due to possible ligament damage or fractures. If you have an ankle injury that is not settling down after a couple of weeks or you cannot weight bear sufficiently then investigative tests may be required.

It is possible that small fractures (Potts Fracture) have occurred or tendons/ligaments have been torn and an Ultrasound or CT scan is required to examine your ankle in more depth.

Your podiatrist can examine your ankle and your gait to determine a possible diagnosis, they can also refer your for an Ultrasound scan to further investigate the injury.

Bandaging or kinesiology tape such as Rocktape strapping is very affective at reducing inflammation in tendons and ligaments by helping to reduce motion around the ankle and support the structures that have been injured.

For more information or if your currently suffering from a long term ankle injury please make an appointment with your podiatrist as soon as possible.



**Contact us today for an appointment**

Nicholson Road Health Centre, CNR Nicholson Road & Vostan Road, Canning Vale WA 6155

**PHONE 08 9455 6009 [www.rightstep-podiatry.com.au](http://www.rightstep-podiatry.com.au)**