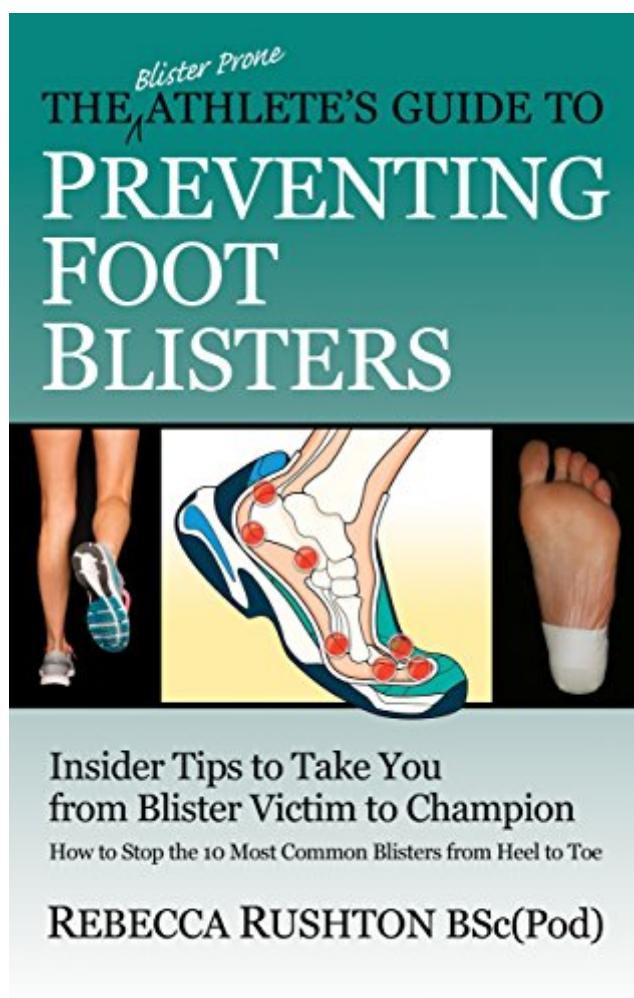


The book was found

# 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 Blisters under your heelEdge 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 blistersThe 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

File Size: 5558 KB

Print Length: 59 pages

Page Numbers Source ISBN: 064694357X

Simultaneous Device Usage: Unlimited

Publication Date: October 29, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B016R6YAIS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #572,966 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

in Kindle Store > Kindle eBooks > Medical eBooks > Allied Health Professions > Podiatry #72

in Books > Medical Books > Allied Health Professions > Podiatry #130 in Kindle Store >

Kindle eBooks > Medical eBooks > Specialties > Sports Medicine

## **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 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. 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.

[Download to continue reading...](#)

The Blister Prone Athlete's Guide To Preventing Foot Blisters Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Reinventing American Health Care: How the Affordable Care Act will Improve our Terribly Complex, Blatantly Unjust, Outrageously Expensive, Grossly Inefficient, Error Prone System Cabin Lessons: A Nail-by-Nail Tale: Building Our Dream Cottage from 2x4s, Blisters, and Love Rapture, Blister, Burn (Modern Plays) Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [ A Holistic Approach to Preventing & Curing Heart Disease ] (Mudra Healing Book 8) Foot Reflexology: A Complete Guide for Foot Reflexology Self Massage Foot Orthoses and Other Forms of Conservative Foot Care Mann's Surgery of the Foot and Ankle, 2-Volume Set: Expert Consult: Online and Print, 9e (Coughlin, Surgery of the Foot and Ankle 2v Set) Current Controversies in Foot and Ankle Trauma, An issue of Foot and Ankle Clinics of North America, 1e (The Clinics: Orthopedics) Surgery of the Foot and Ankle: 2-Volume Set, 8e (Coughlin, Surgery of the Foot and Ankle 2v Set) Levin and O'Neal's The Diabetic Foot, 6e (Diabetic Foot (Levin & O'Neal's)) Square Foot Gardening with Kids: Learn Together: - Gardening Basics - Science and Math - Water Conservation - Self-sufficiency - Healthy Eating (All New Square Foot Gardening) a perspective...ONE FOOT ON A BANANA PEEL: the slippery slope of lung cancer: a

perspective...ONE FOOT ON A BANANA PEEL: the slippery slope of lung cancer Square Foot Costs with Rsmeans Data (Means Square Foot Costs) Square Foot Gardening High-Value Veggies: Homegrown Produce Ranked by Value (All New Square Foot Gardening) Fixing You: Foot & Ankle Pain: Self-treatment for foot and ankle pain, heel spurs, plantar fasciitis, assessing shoe inserts and other diagnoses (Volume 1) The Foot Book: 25 DIY Foot Care Recipes for Happy Healthy Feet Natural Treatment for Osteoarthritis in the Foot and Toes (Teach Yourself to Treat Yourself for Foot Osteoarthritis Book 1) The Log Home Maintenance Guide: A Field Guide for Identifying, Preventing, and Solving Problems

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)