



ULTRA SPORTS SCIENCE

Foot pathologies

For race organizers and healthcare professionals

Diffusion of prevention message by the organizers on the action to be taken in the event of injuries, for example foot blisters.

Generally, treatment for a foot blister:

- Thoroughly clean the area around the blister.
- Take a needle and pierce the blister on the edge, making sure to protect the blister roof.
- Drain the fluid from the blister.
- Cover the blister, for example with tape or compeed

.You can also aspirate the blister and inject iodine in the blister, but this procedure is very painful and needs to be explained to the athlete.

On stage races, it is very common to be affected by blisters, so be prepared.

For this it is necessary to set up:

- advice sheets and training for runners to care for their own blisters as this may otherwise take up significant medical resources. Athletes should be able to treat their own blisters.

If there are bigger blisters, or blood filled blisters or signs of infections athletes should be directed to health care professionals

training of healthcare teams in taking care of blisters for runners

- have materials available to carry out blister treatments but runners should be advised to bring their own kit

It is essential for race organizers to provide for the management of pathologies of athletes' feet in their overall health coverage of their sporting event and this by trained medical personnel:

- to techniques recognized as effective
- to protect self-care councils