

FRICION **BLISTERS**: A REVIEW
OF 100 YEARS **KNOWLEDGE**

Nigel J. Murray
Royal New Zealand Army Medical **Corps**
Papkura, New Zealand.

The friction blister is a **soft** tissue disorder that is caused by the cumulative **trauma** of repetitive frictional action on exposed **skin**. For today's recreational society and for those **populations** who **use** their feet to **earn** a living, the morbidity **from** friction blisters must be measured in grand terms. Armies **annually** lose **thousands of men** hours of **training** time to the pain and complications of the blistered foot. Throughout **history** few **military campaigns** are won or lost without official mention of the **ground** soldiers feet and **his** blisters. **Spining** groups **annually** spend millions of dollars on treatments and preventions for **the blistered feet** of their tennis players, **marathon runners**, joggers, walkers and **hikers**. Yet over the last 100 years there has been a paucity of literature examining this **most** ubiquitous problem and even less study on their prevention.

This review article summarizes existing literature in the following categories:

- (a) incidence
- (b) friction physics
- (c) pathophysiology
- (d) histology
- (e) footwear dynamics
- (f) **risk** factors
- (g) treatment
- (h) prevention

It **also** assesses why there has been **little** progress toward effective prevention mechanisms and offers a new concept for developing blister prevention systems.

The complete review paper **will** be presented as a poster display.

REFERENCES

(A extensive Reference list will be available at the poster display).