

## FRICION BLISTERS: A REVIEW OF 100 YEARS KNOWLEDGE

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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 man 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. Sporting 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).