



Your hands are the tools of your trade, it is important to take care of them!

HAND CARE

Hand Blisters

Friction blisters are common in tennis players, as your hands have extended periods of rubbing against the grip of the racket. Blisters are the result of constant friction or extreme heat in a localized area. Following this exposure, the damaged layer of the skin is torn from the layers below and fluid collects inside that space.

Hand blisters are more common in the heat or after a long period of rest from tennis. We use our hands so much, that if not properly treated and cleaned, hand blisters can become infected. There are some good ways to prevent hand blisters from occurring in the first place.



Prevention

Hand Cream

- To soften the skin, as dry skin can cause a blister to develop under a callus for example.



Shave Calluses

- Routinely (minimum amounts of callus removed on a frequent basis). See a health care provider for further advice.



Tape

- Tape for prevention.
- Check current grip.



Anti Sweat Grip

- Moisture absorbing lotion to keep your hands dry, if you sweat a lot.



Treatment

- Try to keep the skin on to prevent infection and further damage.
- Do not attempt to drain the blister yourself.
- Wash your hands with gentle antibacterial soap and disinfect the blistered area with Iodine or wound cleanser.
- Apply an antibiotic ointment to prevent infection and zinc to dry the blister.
- Cover to help prevent infection for practice and matches but allow the blister to dry out overnight using zinc cream or leave open to air dry.
- Arrange to get a pre-made blister kit from your health care provider on site.

