



BLISTERS 101: PREVENTION, TREATMENT, AND THE USE OF ROWING TAPE

[Athletes](#)

Blisters are common in rowing due to repetitive friction between the skin and the oar. While they're inevitable, treating and preventing them can help you stay in the boat and avoid complications. Here's an overview of blister care, prevention, and how rowing tape like [Leukotape](#) can be a game-changer for athletes.

UNDERSTANDING ROWING BLISTERS

Blisters occur when repeated friction causes fluid to build up under the skin, forming a protective cushion. In rowing, this friction is usually between the skin and the oar handle, especially if you have a tight grip. There are two types of blisters:

1. **Fluid-filled blisters:** Caused by friction from overuse or gripping too hard.
2. **Blood blisters:** Form when blood vessels close to the skin burst, often from sudden impacts, like pinching between the oar handle and gunnel ([World Rowing](#))([Rowing Crazy](#)).

BLISTER CARE: TREATING ROWING BLISTERS

FOR UNPOPPED BLISTERS

- **Don't pop it:** Let the blister heal naturally, as the intact skin helps prevent infection.
- **Cover it if necessary:** Use a bandage or donut-shaped [moleskin](#) to protect the blister, especially during practice([Rowperfect](#))([Mayo Clinic](#)).

FOR POPPED BLISTERS

- **Clean it:** Wash with warm water and gentle soap. Avoid harsh disinfectants like alcohol, as they can slow healing([Mayo Clinic](#)).
- **Drain carefully:** If the blister is large or painful, use a sterilized needle to puncture the edge and gently drain it. Keep the skin intact([Rowing Crazy](#)).
- **Apply ointment:** Use antibiotic ointment like [Polysporin](#) to prevent infection. Cover with a sterile bandage([World Rowing](#))([Rowperfect](#)).

STEP BY STEP GUIDE FROM WIKI HOW HEALTH

HOW TO PREVENT BLISTERS

- **Grip:** Keep your grip relaxed. Many rowers tend to over-grip the oar, causing unnecessary friction. Try to maintain a loose but controlled grip to prevent blisters([Rowperfect](#)).
- **Hygiene:** Keep your hands and oar handles clean to prevent bacteria from entering broken skin([Mayo Clinic](#)).
- **Moisturize and Toughen:** Moisturize your hands to prevent cracks but allow calluses to develop, as they provide natural protection([Rowing Crazy](#)).

USING ROWING TAPE AND LEUKOTAPE FOR BLISTERS

One of the most effective ways to prevent blisters and protect existing ones during rowing is using tape. **Leukotape** is a strong, durable medical tape often used by athletes for its excellent adhesive qualities and resistance to moisture. Here's how to use it:

BENEFITS OF LEUKOTAPE

- **High durability:** Leukotape sticks well to skin and holds up even in wet conditions, making it ideal for rowing.
- **Strong support:** It helps protect blisters and prevent further skin damage by reducing friction between the hand and the oar([Rowperfect](#)).

HOW TO APPLY ROWING TAPE OR LEUKOTAPE

- **Step 1:** Clean your hands thoroughly before applying the tape.
- **Step 2:** If you have a blister, cover it with a small bandage first. Then apply the Leukotape over the blister in a circular pattern around the finger or hand.
- **Step 3:** Secure the tape around each blistered finger or area of the hand. Make sure it's snug but not too tight.
- **Step 4:** Replace the tape daily and after each practice, keeping the area clean to prevent infection([Rowing Crazy](#))([Rowperfect](#)).

WHEN TO SEEK MEDICAL ATTENTION

- If the blister becomes red, swollen, or filled with pus, it could be infected. Seek medical help immediately to prevent more severe complications like MRSA or cellulitis([World Rowing](#)).

By incorporating proper blister care and using products like Leukotape, you can minimize discomfort and keep rowing without interruption. With these tips, you'll be ready to handle anything the season throws at you—literally and figuratively!