



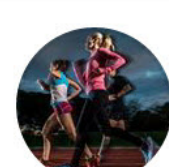
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Nikki Wynd 39 of 55



Rebecca Rushton
Hey **Cathie, Billy, Matthew** and Justin. Big toe is very short. Regardless, either:

- The shoes are too short (maybe not at the start but as foot volume increased), in which case you need longer shoes, perhaps part way through. You need the width of your thumb between the end of the longest toe and the end of the shoe upper to indicate adequate length.
- The shoes are perfectly long enough but the foot is sliding forward, in which case you need a firmer lacing technique (eg: heel lock)
- The toe looks very straight but it may bend over too much when you run, in which case you need a toeprop.

As for the skin and all that coming off, the tape/dressing was left on too long and the skin macerated and weakened so it peeled off when removed.
That's the long and short of it.

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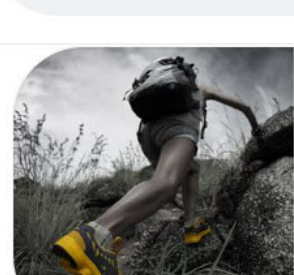


Matthew Collard
Rebecca Rushton awesome as always! You should come help us out A20

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Rebecca Rushton
It looks wonderful Matthew and I did think about offering my services earlier. Just not great timing for me. Here's the next best way to get my help, much like with this toe blister situation: <https://courses.blisterprevention.com.au/courses/fix-my-foot-blisters-fast/>



Fix My Foot Blisters ...FAST!
courses.blisterprevention.com.au

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Matthew Collard
Shane Talbot

1w Like 👍 1



Or this was a known likely and acceptable outcome from a 240km running race over varied terrain
Rebecca Rushton 😊

1w Like



Rebecca Rushton
Acceptable - that's your call Justin. Inevitable - nope, especially considering it was known and likely.

1w Like 👍 1



Rebecca Rushton
Out of interest **Justin**, which of the issues do you think were most causative: shoe length, foot sliding forward or toe bending over?

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Write a reply...

