

Causes of Skin Problems

Skin sores can develop due to pressure, friction, moisture, burns or even accidents. They often happen without a person knowing it because of absent sensation to the area. Sores can easily become infected and may channel into deeper levels of muscle and bone. Healing can be difficult and may lead to future problems that require surgery and long hospital stays. Please read on for more information on the different causes and signs of skin problems.

Pressure is the biggest cause of skin breakdown and sores because it decreases blood flow to the skin. It is most likely to occur over bony areas where there is not much padding between the skin and the bones.

Examples of pressure include:

- Sitting or lying in one position for long periods
- Wearing clothes or shoes that are too tight
- Using a wheelchair that is the wrong size
- Wearing casts or splints that are too tight
- Not using a properly adjusted wheelchair cushion
- Sitting on unpadded surfaces



Pressure problems can be prevented by:

- Doing weight shifts correctly and on time
- Wearing properly fitting clothes and shoes
- Using properly fitted wheelchair and cushion
- Inspecting wheelchair regularly for wear and tear
- Checking skin under splints regularly and removing them if red spots are noticed
- Calling the doctor promptly when skin breaks down

