

RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

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CORNS & CALLUSES:

Corns and Calluses are your body's response to a bony problem. Friction or pressure that sandwiches the skin between the ground or shoe and a bone causes these lesions. If a bone is not in the normal position, skin caught between bone and shoe or bone and ground increases. In either case, the outer layer of skin thickens to protect the foot from unusual pressure. In many cases, corns and calluses look bad but are not harmful. However, more severe corns and calluses may become infected, destroy healthy tissue, or affect foot movement. With your doctor's help, corns and calluses can be controlled.

Corns can range from a slight thickening of skin to a painful hard bump. They often form on top of buckled toe joints (hammer toes). If your toes curl under, corns may grow on the tips of the toes or in between toes. You may also get a corn on the end of a toe if it rubs against your shoe.

Calluses may spread across the ball of your foot. This type of callus is usually due to a problem with a metatarsal (the long bone at the base of a toe, near the ball of the foot). A pinch callus may grow along the outer edge of the heel or the big toe. Some calluses press up into the foot instead of spreading on the outside creating a central core of tissue.

Treatment consists of reducing friction on the skin, removing the thick skin and changing the forces on the foot so these lesions don't form again. Our office has a gel callus cushion or moleskin to take away pressure on the corn or callus. Furthermore, we have over-the-counter orthotics and custom molded orthotics that can be used to take away the pain by decreasing pressure that causes these lesions. Gel callus cushions can help take pressure off of the skin by creating an aperture for the bone to rest in. Grey foam forefoot pads are like a dancer's pad and can be used to decrease the pressure on the ball of your foot. Foam toe spacers, gel toe caps and gel toe spacers can separate toes so they don't rub which may help prevent corns from forming around your toes. Removing the corn can help reduce 33% of the pressure in the area. Using a pumice stone routinely on the callus can keep it thinner and thus less painful. Shoes with an anterior rocker bottom sole can help decrease half the pressure on the ball of the foot which can slow the progression of the callus formation. Finally using FungiFoam cream daily from the ankle to the toes can hydrate the skin and prevent it from drying out and slow the progression of the callused areas. FungiFoam cream should be used daily after showering on both feet. For dry cracked heel skin, using our white plastic heel cup with FungiFoam in the cup while you sleep with a sock on to hold it in place works well. All of these products are available in our foot care store at the front desk of our Hagerstown and Frederick offices.

If conservative treatment does not relieve your pain, a simple surgical procedure may be needed. Most times, these procedures can be done in the office and you can put your shoes and socks on and walk out of the office when done.

1.2024

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