

CALLUS

Calluses are a diffuse area of thickened skin usually found under the soles of the feet and on the tops of the toes. Calluses are caused by the abnormal pressure and friction from shoes or are due to the abnormal distribution of the load that passes across the feet (up to 2 times your body-weight) as you walk. The site of the formation of the callus is dependant upon the underlying cause. Sometimes a corn may form deep within a callus, usually over an underlying bony prominence.



Callus

Symptoms: The most common symptom associated with callus is a burning pain at the site of the hardened skin. This pain can range from a dull ache to sharp, stabbing pain.

Treatment: Your podiatrist will assess your feet and identify the site of any callused region/s. A treatment plan to remove the callus and identify the underlying cause of the callus formation will then be implemented. If left untreated callus can become very painful and result in altered walking patterns which in turn place greater stress on other parts of the foot and lower limb.