

Corns/Callosities

What is it?

- **Corns**- are caused from repeated pressure resulting in thickened or hardened skin called corns or calluses
- **Result**- of poor fitting shoes or two toes pressing together



Recommendations:

- **Never**- attempts to remove a callus or corn due to infection and other complications, especially if you are diabetic

Suggestions:

- **Wear Comfortable Shoes**- Shoes should conform to the shape of your shoes and have no pressure points
- **Shopping for Shoes** – Stand while your foot is being measured, walk around in the shoes, there is no breaking in period, all shoes should fit comfortably when you buy them, there should be plenty of toe room, the toes should have wiggle room, would heel should never slip or come up, there should be padding for support.
- **Heels**- low and thick are best for support and stability, if more than 1 inch causes the body to pitch forward
- **Replace Worn Athletic Shoes**- this often causes stress fractures due to no support or cushioning the foot needs, should be replaced every 400 to 600 miles or about 6 months for aerobic shoes and 50 hours for tennis shoes
- **Ease Friction of Feet**- by using foam cushions, to help ease friction on the feet, may be purchased in a drug store
- **Pressure is Removed**- the tough skin should disappear in a matter of weeks or your physician or foot doctor/podiatrist can remove this skin



What can I do?

- **See your Health Care Provider**- any time a patch of hardened skin becomes painful or ulcerated, if a misaligned bone surgery may be necessary
- **See a Registered Dietitian**- for help as needed
- **See FFF RD**- on line for help

