

CALLUSES & CORNS

Symptoms

- Build-up of hard skin usually on the heel, ball of the foot or the underside of the big toe
- Pain on walking that is somewhat relieved by resting
- If the callus discomfort is described as "sharp" or "shooting pain", there may be nerve involvement, and you should seek medical attention

Causes

- On-going friction or pressure
- Incorrect footwear (high-heeled shoes)
- An altered walking
- Flat or high arch feet
- Obesity
- Heredity
- Loss of the fatty pad on the ball of the foot

What can I do?

- Use a foot file to help reduce the build-up
- Proper fitting footwear
- Non-medicated corn pads to protect the area
- Regular moisturizers
- Do not soften the callus by soaking and trying to remove when soft
- **DO NOT** USE MEDICATED CALLUS/CORN REMOVER PADS

Clients with diabetes or poor circulations are encouraged to seek professional help.

If you are looking for a foot care nurse, refer to the foot care nurse website at www.footcarenurse.ca



Information provided by:

**Manitoba Association
of Foot Care Nurses**

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A callus or corn is thickening of the skin due to repeated pressure or friction. The skin thickens in response to the pressure; this is your body's way of protecting the underlying tissue. Calluses usually present on the bottom of the foot and corns will form over the "knuckle" or joints of the toes.

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