



Corns and Calluses

Podiatry Service

About corns and calluses

When we walk or stand, our body weight is carried first on the heel and then on the ball of the foot where the skin is thicker to withstand the pressure. When this pressure becomes intense, growths in the form of corns and callus may appear.

Callus

A callus is an extended area of thickened skin on the soles of the feet and occurs on areas of pressure. It is the body's reaction to pressure or friction and can appear anywhere the skin rubs against a bone, a shoe, or the ground.

Callus plaques appear as hard, dense, yellowish plaques.

Most calluses are not painful.

Corns

A corn is an area of callus which has become moulded into a nucleus. There are different types of corn.

Hard corns: Most common type. Appears as a small, concentrated area of hard skin up to the size of a small pea.

Soft corns: They are whitish and rubbery in texture and appear between the toes where the skin is moist from sweat or from inadequate drying.

Seed corns: These are tiny corns that tend to occur either singly or in clusters on the bottom of the feet. They are usually painless.

Simple advice

Footwear

Many corns and calluses are caused by ill fitting shoes. Shoes should have a fastening e.g. lace up or velcro, plenty of room for the toes and offer good support.

Make sure your shoes are the correct size for your feet.

Buy shoes in the afternoon as your feet swell during the day.

Get shoes fitted correctly and ask to have your feet measured

Keep your court shoes for going out and looking smart for a few hours at a time NOT all day.


Keep slippers for evening wear only.

Over the Counter pads

Many shops sell gel pads and foam pads to help cushion the painful joint these can be very helpful for corns on the tops of toes.

Cushioning insoles such as gel or memory foam can provide extra padding in shoes for areas on the soles of feet.

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