



## CORNS AND CALLOUS





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## Cause

Both corns and callouses are an accumulation of hardened skin formed as part of the body's defence mechanism to protect the foot against excessive pressure and friction. Callous refers to a more diffuse, flattened area of thick skin, while a corn is a thick, localised area that usually has a conical or circular shape, with a core. In dancers both corns and callouses are commonly seen on the toes or under the ball of the feet.

Many people are of the belief that corns and callouses are just part of being a dancer. Whilst in part this may be true due to the high demands placed on a dancers feet as well as dancing in tight shoes or bare feet. There are many things that we as podiatrists can do to treat these conditions and a lot more things that we can do to minimise their formation or reoccurrence.

## Treatment

As podiatrists we are able to assess the shape of your foot as well as the fit of your dance shoes. In some cases it will also be important to look at your technique while performing certain steps such as couru or a releve to assess weight placement and transfer through the feet. This will allow us to determine why certain areas are exposed to more pressure than others and why excess force or friction is present. How can podiatrists help:

- Debriding and removing the hard skin
- Looking at padding and taping techniques to reduce friction
- Assessing shoe fit
- Education regarding self treating of corns, callouses and hard skin

Callus

