

## **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](http://www.footcarenurse.ca)



*Information provided by:*

**Certified Foot Care  
Nurses Interest  
Group of Manitoba**

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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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