

Corns & Callus



What are corns and callus?

Corns and calluses are areas of thickened skin that can be painful. They are caused by continued and excessive friction (rubbing) and pressure. These are a symptom, not a disease, they do not have roots. The cause must be corrected before the corns and calluses can be cured.

Callus

A callus is an area of skin that becomes tough, hardened, and possibly discoloured because of friction, pressure, dry skin, or other forms of irritation. (see image top right)

Corns

A corn is a cone-shaped, inwardly directed callus that forms at a pressure point near a bone, or on a weight-bearing part of the body. Corns can be painful but are not often serious.



Treatment for corns and callus

Corns and callus are not often serious. You should not treat corns or callus yourself if you have diabetes, a heart condition or issues with your circulation. Always seek medical advice.

Tips for managing corns and callus



Wearing well-fitted shoes with soft soles and a low heel which do not rub and ideally with a fastening such as laces or velcro.



Moisturise your feet daily to keep the skin soft and supple



Rub the corn or callus with a pumice stone or foot file 1-2 times a week to keep it from building up

Foot Health Practitioner help for corns and callus



A Foot Health Practitioner is clinically trained to carefully cut away or debride areas of hard skin.



Foot Health Practitioners can provide padding and insoles to reduce pressure and pain.