

CORNS & CALLUSES

Although they can be painful, corns and calluses are a normal response by the body to protect you from excessive friction and pressure over bone spurs and bony prominences . They are accumulations of packed dead skin that develop due to excessive shoe pressure over deformities such as hammer toes and in response to abnormal walking patterns.

THERE ARE NO CORES OR ROOTS THAT CAN BE CUT OUT OR BURNED OUT AND COMMERCIAL CORN REMOVERS DO NOT WORK.

The dead skin can be pared off giving temporary relief but will return when the irritation that caused it occurs again. Corns and calluses can best be compared to calluses that form on the hands from working with one's hands. You would not consider cutting or burning these out. You know that if you stop working with your hands that the calluses would go away. Similarly, if you could stop using your feet in the way that you use them, you corns or calluses would go away. Frequently that is not possible.

CORNS AND CALLUSES CAN BE REMOVED AND CORRECTED PERMANENTLY !

Corns and calluses can be corrected permanently by relieving the excessive friction and pressure causing them. This can be done in the following ways:

- 1. PROPERLY FITTED SHOES SHAPED APPROPRIATELY FOR YOUR FEET.**
- 2. ORTHOTICS TO CONTROL EXCESSIVE ABNORMAL MOTION OF THE FEET.**
- 3. SIMPLE REMOVAL OF BONE SPURS OR ENLARGED BONY PROMINENCES.**
- 4. STRAIGHTENING OF HAMMER TOES.**
- 5. ELEVATING OF METATARSAL HEAD TO RELIEVE PRESSURE ON CALLUS.**

If indicated, most surgical procedures are simple procedures done in the office under local anesthesia. Tiny hairlike incisions are made and small portions of bone are removed. One or two stitches are all that are required. There is usually very little discomfort experienced and little or no time off one's feet. The wearing of normal shoes is resumed quickly.