

Our highly skilled podiatrists

are registered with the Health Care Professionals Council (HCPC) and members of the College of Podiatrists. The practice is accredited by the College of Podiatrists (CoP).

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(Practice Owner)

Lesley Walker
(Associate Podiatrist)

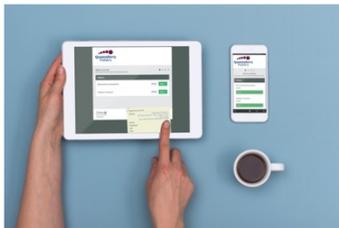
Angela Miller
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Online booking on our Facebook page or website:

www.queensferrypodiatry.com



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Professional and caring podiatrists

Corns & Callous



Treatment Advice

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Podiatry



Callous

Callous is an extended area of thickened, hard skin. It is usually symptomatic of an underlying problem such as a bony deformity, a particular style of walking or inappropriate footwear. Some people have a natural tendency to form callous because of their skin type. Elderly people have less fatty tissue in their skin, and this can lead to callous forming on the ball of the foot.

Corns

Corns are caused by pressure or friction over bony areas, such as a joint, and they have a central core which may cause pain if it presses on a nerve. There are five different types of corns, the most common of which are 'hard' and 'soft' corns:

- **Hard corns** – most common and appear as a small area of concentrated hard skin up to the size of a small pea usually within a wider area of thickened skin or callus. This may be a symptom of the feet or toes not functioning properly.
- **Soft corns** – these develop in a similar way to hard corns, but they are whitish and rubbery in texture and appear between toes where the skin is moist from sweat or from inadequate drying. It is advised to use an astringent such as surgical spirits between the toes to stop the skin being macerated and build up of the corn.
- **Seed corns** – these are tiny corns that tend to occur either singly or in clusters on the bottom of the foot and are usually painless.
- **Vascular/neurovascular corns** – these are corns that have both nerve fibres and blood vessels in them. They can be very painful and can bleed profusely if cut.
- **Fibrous corns** – these arise when corns have been present for a long time and are more firmly attached to the deeper tissues than any other type of corn. They may also be painful.

Symptoms

- a thick, rough area of skin
- a hardened, raised bump
- tenderness or pain under your skin
- flaky, dry or waxy skin

Do not self-treat if you have diabetes, poor circulation or a reduced immune system, instead seek help from a podiatrist.



Treatments

A podiatrist will be able to remove corns painlessly, apply padding or insoles to relieve pressure or fit corrective appliances for long-term relief.

For callous, your podiatrist will also be able to remove hard skin, relieve pain and redistribute pressure with soft padding, strapping or corrective appliances that fit easily into your shoes. The skin should then return to its normal state.

Elderly people can benefit from padding to the ball of the foot, to compensate for any loss of natural padding.

What can help?

- gently rub with a pumice stone or a foot file
- apply moisturising cream
- wear wider fitting shoes to reduce pressure on affected area
- don't wear backless shoes as this causes hard skin on heels
- for soft corns, dry and use surgical spirits between your toes