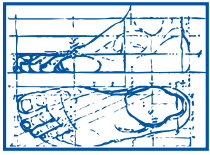


foot facts



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CALLUS

Callus

The foot is a wonderful and intricate part of the body and must have free joint motion to function properly. When this ability to compensate for changing positions while standing or walking is lost - callus will form.

What Is a Callus?

A callus is a simple thickening of the outer layers of the skin on the sole of the foot. Not all such thickenings are a simple callus.

What Causes Callus?

Calluses are formed where there is excessive pressure and friction. This cause (pressure and friction) may be due to long hours of standing or walking, improper footgear, over-weight, lack of fat padding, arthritis, etc. - but usually callus is due to imbalance of the feet.



What Is Foot Imbalance?

Imbalance involves the entire foot. In this condition the foot structures are not in proper position to support the body weight. This may be due to poor body posture, pelvic tilt, weak or rotating ankles, improper position, shape or length of one or more foot bones, contracted toes, etc.

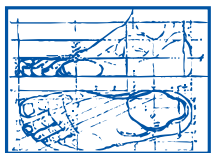
Common Complications of Callus

With rotating ankles callus may form on the heels. These may crack or fissure. At the metatarsal heads localized pressure often causes a corn which irritates the sensitive nerve endings. Sometimes pressure is great enough to cause capillary bleeding into the callus. From an inward tilting of the foot-annoying callus is found along the side of the great toe where the bone is close to the surface. These, and others, can all be further complicated by extreme inflammation, infection, or bursitis. Calluses are a part of foot imbalance.

Why Do Calluses Burn?

Since callus is composed of layers of dead cells they in themselves do not burn. The uncomfortable sensation of burning, especially at the ball of the foot, is due to congestion and swell-

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ing below the callus exerting pressure on nerve endings. Further an underlying bursa or “sac” may also become inflamed. When the irritation is severe enough to aggravate these deeper structures, extreme forefoot discomfort is felt. Sometimes the burning may be related to a form of anemia, poor circulation, diabetes, vitamin deficiency or neuritis. In such cases, your foot doctor may suggest medical care to supplement the podiatric treatment.

Shoes and Callus

Improper fitted or shaped shoes, which either constrict the foot or allow it to slide, can help cause callus. Constant contact with our hard, flat walking surface, as from a thin-soled shoe, can be a contributing factor. Wearing high heels, except for dress, throws excessive weight on the forefoot. A good shoe can be a great aid to the foot and callus problem but once functional damage has been done “corrective” shoes will rarely do what their advertisers claim.

What To Do About Callus

Visit a podiatrist. He is best qualified to furnish immediate relief. By modern, scientific methods (which may include x-ray studies) your foot doctor can properly DIAGNOSE the cause of your foot trouble. A proper plan of treatment will result in better foot and body comfort, and relief of the pain from the callus.