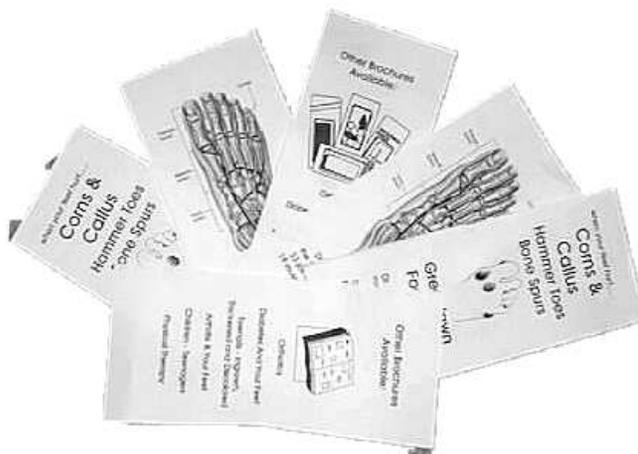


Did you know?....  
 the foot has 26 bones,  
 33 joints, 107 ligaments,  
 19 muscles, and  
 numerous tendons.



### Other Brochures Available:

- Orthotics
- Diabetes
- Toenails
- Arthritis
- Heel Spurs
- Physical Therapy

*when your feet hurt.....*

# Corns & Callus Hammer Toes Bone Spurs



## Greenlawn Foot Care

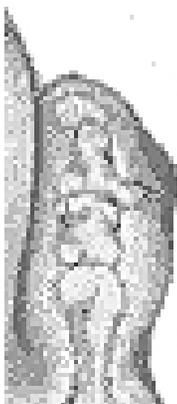
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 Podiatrist - Foot Surgeon  
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 Greenlawn, NY 11740  
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## The Cause of Most Corns & Callus

Most corns and callus are caused by pressure and friction. This is usually created by a bony enlargement, or a bone out of alignment, rubbing in the shoe or on the floor. Conditions within the foot such as Hammer Toes (toes that are bent), and Bone Spurs (also called exostosis), are prime culprits, as are some forms of arthritis.



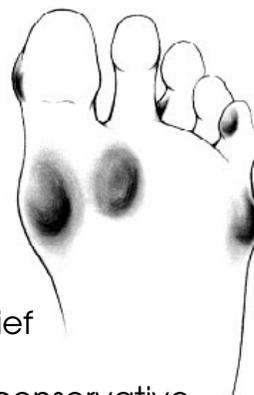
Hammer toes, bone spurs, and exostosis are all a result of an imbalance of the muscle structures of the toes, when the toes become crooked, bent, or buckle under causing joints to protrude.



Although heredity can be a factor in the formation of these conditions, usually it is ill-fitting shoes that precipitate these conditions. In diabetics, or people with poor circulation, hammer toes can be a serious condition.

## The Treatments

Corns and callus always occurs over a bony prominence, such as a joint. When we walk or stand, our body weight is carried first on the heel and then on the ball of the foot, where the skin is thicker, to withstand the pressure. When this pressure becomes intense, growths, in the form of corns and callus, may appear.



Temporary relief can be achieved by conservative foot care, including padding, orthotics, and removal of the dead skin.

If this does not give sufficient relief, surgical intervention can be considered. Most corns can be eliminated by removing a small section of bone. These surgical procedures are performed under local anesthetic and are relatively painless. The incisions are so small that at times there are no stitches involved. Recovery is accomplished in a relatively short period of time, depending on individual healing factors.

## Self Care And Treatment Options:



- ✓ You could use a pumice stone to remove the thickened skin a little at a time
- ✓ Relieve pressure between the toes with a foam wedge, but if you are unsure of what to do, or need special attention, contact your podiatrist.
- ✓ Don't cut corns yourself, especially if you are elderly or diabetic.
- ✓ Don't use corn plasters or paints which can burn the healthy tissue around the corns.
- ✓ Home remedies, like lambs wool around toes, are potentially dangerous.
- ✓ Commercially available 'cures' should be used only following professional advice.