



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



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when your feet hurt.....

Warts



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About Warts

Plantar warts are benign (noncancerous) growths that occur on the sole (plantar surface), heel, or ball of the foot. Pressure from standing and walking often causes them to grow into deep layers of the skin.

Incidence and Prevalence

Anyone can contract the virus that causes plantar warts. According to the American Podiatric Medical Association (APMA), plantar warts occur most often in children and young adults between the ages of 12 and 16. Incidence is higher in people who share common bathing areas (e.g., dormitory students, gym members).

Cause and Risk Factors

Plantar warts can occur when the virus invades the body through tiny cuts or breaks in the skin on the bottom of the feet. The virus often is encountered on contaminated surfaces, such as the tile floors of public locker rooms, showers, and swimming pools. It takes refuge in the skin and causes plantar warts.

Signs and Symptoms

Plantar warts usually are rough and spongy, and most are gray or brown with dark pinpoint (tiny capillaries that supply blood to the wart). Scraping a wart may cause it to bleed.

A plantar wart is similar in structure to an iceberg. The part on the surface of the skin is a small part of the entire anomaly. Often, the portion of the wart under the skin is at least twice as big as the part you can see.

Plantar warts may cause **pain** on the bottom of the foot. Patients often feel a "lump" on the bottom of the foot when standing, similar to having a stone in the shoe. In many cases, pressure from standing and walking prevents plantar warts from rising above the skin surface.

If left untreated, plantar warts can grow up to 1 inch in circumference and may spread into clusters (called **mosaic warts**). In severe cases, they cause a change in gait or posture that results in leg or back pain.



Self Care

According to the American Podiatric Medical Association (APMA), the following may help to prevent plantar warts:

- Avoid walking barefoot whenever possible.
- Change shoes and socks daily.
- Keep feet clean and dry.
- Check children's feet periodically.
- Avoid direct contact with warts on other persons or on other parts of the body.
- Do not ignore growths on, or changes in, your skin.