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## Calluses

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### Information from Foot Solutions

Calluses are unattractive and sometimes painful patches of thick skin on your feet that form when dead skin cells harden and thicken over an area of the foot, usually the ball of the foot, the heel or big toe. This buildup is our body's defense against excessive pressure and friction. Eliminating the source of the friction or pressure is the first course of action. Do not attempt to trim or cut callouses your self. In addition to being dangerous, it can make the condition worse. If you have diabetes or poor circulation, call your doctor because the condition can lead to an infection that may be more difficult to treat.

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### Symptoms

- Patches of thick, hardened skin on the ball of your foot, toes, or heels
  - Areas on your foot that feel hard or rough to the touch
  - Patches of skin on your feet that seem higher than the rest of the surface
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### Causes

- Excessive pressure or friction on a specific area of the foot
  - Wearing high-heeled shoes
  - Wearing shoes that are too small
  - Flat feet
  - High arched feet
  - Excess body weight
  - Excessive rolling inward of the foot (over-pronation)
  - Excessive rolling outward of the foot (over-supination)
  - Abnormal walking motion
  - Other foot conditions (i.e., bunions, hammer toes, and overlapping toes)
  - Loss of the fat pad on the bottom of the foot
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### Treatment and Prevention

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- Stop the pressure and friction causing calluses
- Choose properly fitted shoes
- Wear shoes that absorb shock
- Wear toe separators
- Get treatment for other conditions that might be causing calluses
- Lose excess body weight
- Add arch supports to redistribute pressure

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## Foot Solutions Products

- Supportive athletic, casual or dress shoes
- Off-the-shelf arch supports
- Custom arch supports
- Toe Separators
- Gel Heel Cups
- Ball of Foot Cushions
- Cushioned Socks

Visit a Foot Solutions fit expert today for a free digital foot assessment, consultation and treatment recommendations for effective non-invasive solutions.

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