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Corns and Calluses

Corns and calluses are caused by pressure or friction on your skin. They often appear on feet where the bony parts of your feet rub against your shoes. Corns usually appear on the tops or sides of toes while calluses form on the soles of feet. Calluses also can appear on hands or other areas that are rubbed or pressed.

Wearing shoes that fit better or using non-medicated pads may help. While bathing, gently rub the corn or callus with a washcloth or pumice stone to help reduce the size. To avoid infection, do not try to shave off the corn or callus. See your doctor, especially if you have diabetes or circulation problems.

NIH: National Institute on Aging

Start Here

- [Blisters, Calluses, and Corns](https://kidshealth.org/en/kids/blisters.html) [https://kidshealth.org/en/kids/blisters.html] (Nemours Foundation)
Also in Spanish [https://kidshealth.org/es/kids/blisters.html]
- [Corns and Calluses](https://www.apma.org/patients-and-the-public/conditions-affecting-the-foot-and-ankle/corns-and-calluses/) [https://www.apma.org/patients-and-the-public/conditions-affecting-the-foot-and-ankle/corns-and-calluses/] (American Podiatric Medical Association)

Prevention and Risk Factors

- [Diabetes and Foot Problems](https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/foot-problems) [https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/foot-problems]  **Easy-to-Read** (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [https://www.niddk.nih.gov/health-information/informacion-de-la-salud/diabetes/informacion-general/prevenir-problemas/pies-piel]
- [Taking Care of Your Feet](https://www.footcaremd.org/foot-ankle-health/taking-care-of-your-feet) [https://www.footcaremd.org/foot-ankle-health/taking-care-of-your-feet]
(American Orthopaedic Foot and Ankle Society)

Treatments and Therapies

- [How to Treat Corns and Calluses](https://www.aad.org/public/everyday-care/injured-skin/burns/treat-corns-calluses?NoAds) [https://www.aad.org/public/everyday-care/injured-skin/burns/treat-corns-calluses?NoAds]
(American Academy of Dermatology)

Related Issues

- [10 Points of Proper Shoe Fit: How Do You Find the Right Shoes?](https://www.footcaremd.org/resources/how-to-help/10-points-of-proper-shoe-fit) [https://www.footcaremd.org/resources/how-to-help/10-points-of-proper-shoe-fit] (American Orthopaedic Foot and Ankle Society)
- [Bunions \(Hallux Abducto Valgus\)](https://www.foohealthfacts.org/conditions/bunions) [https://www.foohealthfacts.org/conditions/bunions]
(American College of Foot and Ankle Surgeons)
Also in Spanish [https://www.foohealthfacts.org/conditions/bunions?lang=es-MX]
- [Hammertoe](https://www.foohealthfacts.org/conditions/hammertoe) [https://www.foohealthfacts.org/conditions/hammertoe]
(American College of Foot and Ankle Surgeons)
Also in Spanish [https://www.foohealthfacts.org/conditions/hammertoe?lang=es-MX]

Images

- Callus [<https://skinsight.com/skin-conditions/callus/?lmiw9cApl=1>] (VisualDX)
- Corn [<https://skinsight.com/skin-conditions/corn-clavus/?lmiw9cApl=1>] (VisualDX)

Clinical Trials

- ClinicalTrials.gov: Callosities [<https://clinicaltrials.gov/search?cond=%22Callosities%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Plantar Skin: A Callus Design? [<https://www.ncbi.nlm.nih.gov/pubmed/38739059>]
- Article: Russel's sign: Unilateral hand callosities in bulimia nervosa. [<https://www.ncbi.nlm.nih.gov/pubmed/38284392>]
- Article: Age-related secretion of grancalcin by macrophages induces skeletal stem/progenitor cell senescence... [<https://www.ncbi.nlm.nih.gov/pubmed/38267422>]
- Corns and Calluses -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Callosities%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29>]

Find an Expert

- American Podiatric Medical Association [<https://www.apma.org/>]
- Find a Dermatologist [<https://find-a-derm.aad.org/>] (American Academy of Dermatology)
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>]  Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

Patient Handouts

- Corns and calluses [<https://medlineplus.gov/ency/article/001232.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001232.htm>]



MEDICAL ENCYCLOPEDIA

Bunions [<https://medlineplus.gov/ency/article/001231.htm>]

Corns and calluses [<https://medlineplus.gov/ency/article/001232.htm>]

The primary NIH organization for research on *Corns and Calluses* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

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