



Callus

Patient Information

WHAT IS A CALLUS?

A Callus is a thickened, rough patch of skin that forms in response to repeated pressure or friction, much like a corn. However, calluses are generally larger, less defined, and have diffuse edges compared to corns.

- **Location:** Usually on the soles of the feet — especially the ball of the foot (beneath the toes), heel, or sides of the foot. They can also appear on the palms of the hands
- **Shape and Size:** Broader and more spread out, without the distinct central core that corns have
- **Texture:** Rough, dry, and thickened skin
- **Pain:** Typically painless, but may cause discomfort or irritation if very thick or if they press on sensitive areas

COMMON CAUSE

The common cause of Calluses is usually from too much walking or running which tends to cause calluses on the bottom of the feet (the soles).

TREATMENT

- **Footwear:** Choose comfortable, well-fitting shoes with cushioning
- **Foot Care:** Regularly moisturize and gently exfoliate with a pumice stone
- **Protective Pads:** Can help reduce pressure on specific areas
- **Medical Care:** If very thick or painful, a podiatrist can safely trim or treat calluses

DIFFERENCES BETWEEN CALLUS AND CORN

	CALLUS	CORN
Size	Larger and wider	Smaller, round, more localised
Edges	Diffuse, less distinct	Well defined, hard central core
Location	Soles of feet, especially ball & heel	Tops or sides of toes, between toes
Texture	Rough and thickened	Hard and dense with a central core
Pain	Usually painless or mild discomfort	Often painful especially when pressed
Causes	Prolonged pressure/friction	Localised pressure/friction