



CORNS AND CALLUSES

An Information Pack

Great Dunmow Osteopathy & Health

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A Note from Joe Hellier, Clinic Director

In our experience, corns and calluses are a problem where people leave it far longer than they need to before seeking proper care. They are common, treatable and yet many people put up with the problem for years, trying home remedies that don't quite solve it.

We have written this pack for the patient who wants to understand what is going on before picking up the phone. It explains what corns and calluses are, what may be contributing to them, and how our programme treats the problem properly.

There are no costs in these pages and no pressure to book - only the information we believe you need to make a considered decision.

If, after reading, you would like to talk to one of our podiatrists, the details for doing so are at the end.

Joe Hellier

Clinic Director, Great Dunmow Osteopathy & Health



Our Approach to Foot Care

We treat foot conditions the way we treat every area of the clinic: with thorough assessment, evidence-informed care and a clear plan from the outset.

Three principles shape our work in this area:

Proper diagnosis first

We do not begin treatment until we have a clear picture of what is going on. Corns and Calluses can sometimes look like other foot problems, and identifying the right cause is the first step. Where appropriate we refer onward - to your GP or another specialist - before, alongside, or instead of treatment with us.

Skilled, evidence-led care

Our corns and calluses care is delivered by registered podiatrists using the techniques and equipment best suited to the problem. We do not rush appointments and we will tell you honestly if a problem needs a different approach.

Honest, clear advice

You will leave each appointment knowing exactly what we found, what we did, what to do at home and when you need to come back (if at all). Many of the problems we treat resolve in a single visit.



Understanding the Condition

Corns and Calluses is a common condition that responds well to focused care. Our clinical team will take you through what is happening and explain your options at your appointment.

You'll see thickened skin: yellow, hard and sometimes raised. Calluses are usually painless until they get very thick or develop cracks. Corns are more focused and can be sharply painful when pressed (especially in shoes). Both can become painful when walking, leading to altered gait and sometimes knock-on pain in knees, hips or back.

How it is diagnosed

Diagnosis is straightforward at a clinical examination. The podiatrist identifies whether it's a corn, callus or something that looks similar (verruca, soft tissue lump, blister). We also look at the underlying cause: foot shape, gait, shoe wear patterns and any deformities.



Contributing Factors

Corns and Calluses almost always has more than one cause. Identifying which factors apply to you is part of the work of the initial appointment.

The common causes are: shoes that don't fit well (too tight, too loose, hard areas pressing on the foot), biomechanical issues that overload certain parts of the foot, foot deformities like bunions or hammer toes that change pressure distribution, thin foot pads (common with age), being on your feet for long periods and certain occupations or sports.



Three Common Presentations

While every case is different, the patients we treat for corns and calluses most often present with one of three recognisable patterns. Identifying which applies to you is part of the work of the initial appointment.

Hard Corn

A small, hard, concentrated area of thickened skin usually on top of a toe or on the side. Painful when pressed, especially in shoes.

Treatment is debridement (skilled removal of the corn) which is painless and gives immediate relief. We then identify what's causing the pressure (shoes, foot shape, toe deformity) and address it with padding, offloading or footwear advice.

Most patients walk out the same day pain-free.

Soft Corn

A whitish, soft corn that develops between toes where two bones are pressing together with moisture trapped between them. Can be very painful and prone to infection.

We carefully debride the corn, dry the area and use silicone interdigital wedges to keep the toes apart. Footwear choices and foot hygiene are the long-term answer.

Many patients find immediate relief but soft corns need ongoing management.

Plantar Callus and Cracked Heels

Thickened hard skin on the sole of the foot or around the heel, sometimes with painful cracks (fissures) that bleed.

We debride the thickened skin (much more effectively than home filing), treat any cracks, apply specialised cream and address the underlying cause: biomechanics, footwear, dryness or weight distribution.

Severe cases benefit from custom orthotics to redistribute load away from the painful areas.



Our Programme

Our corn and callus treatment combines painless professional removal with a clear plan to stop them coming back.

Initial consultation

You start with a thorough assessment of the affected area. We look at where the corn or callus is forming, check your footwear and identify the pressure points causing the build-up. You'll leave knowing what's causing the problem and how we'll address it.

Treatment course

Skilled debridement (the painless removal of corns and calluses with sterile instruments) gives immediate relief. We then identify why the thick skin is forming and address the underlying cause.

Review and aftercare

For recurring or severe cases we offer offloading padding, custom orthotics and footwear guidance so the pressure that's causing the build-up is corrected at the source.



Care After Your Appointment

Most of the conditions we see can be largely resolved in one or two appointments. After your treatment we give you everything you need to keep the result and stop the problem coming back.

Immediate aftercare

You will leave with a clear written aftercare plan tailored to your treatment. Most patients walk out comfortably and can carry on with their day as normal. Where a dressing or specific footwear is needed we explain everything and provide what you need to take home.

At-home care

We give simple, practical advice on cleaning, moisturising, trimming and footwear that is realistic to keep up day-to-day. Most relapses come from small daily habits, and a few minutes of the right routine can keep your feet healthy long-term.

When to come back

Some conditions need a follow-up to check progress. Others are sorted in a single appointment and we will tell you so. Many of our patients see us regularly for routine maintenance, especially if they have a condition that tends to recur.



Your Next Step

If you would like to book a podiatry appointment or simply discuss your situation in more detail, you can reach us by phone, email or via the booking page on our website.

All initial enquiries are handled by our clinical team. There is no obligation to book treatment after an assessment, and no judgement if it turns out a different approach is the right fit.

We look forward to hearing from you.

Contact

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