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Calluses & Corns

A callus is an area of hard, thickened skin that can occur across the ball of the foot, on the heel, or on the outer side of the big toe. While many consider them a skin problem, they actually are systemic of a problem with the bone.

Calluses have painful nerves and bursal sacs (fluid-filled balloons that act as shock absorbers) beneath them, causing symptoms ranging from sharp, shooting pain to dull, aching soreness.

Calluses form from repeated friction and pressure, as the shoe (or ground) rubs against a bony prominence (bone spur) on the toe or foot. The skin thickens in response to this pressure. Small amounts of friction or pressure over long periods of time cause a corn or callus. A great deal of friction or pressure over shorter periods of time can cause blisters or open sores. Calluses typically develop under a metatarsal head (the long bone that forms the ball of the foot) that is carrying more than its fair share of the body weight, usually due to it being dropped down or due to its longer length.



Treatment To Corns and Calluses

Calluses can be treated with over-the-counter callus removers that have strong acids that peel this excess skin away after repeated application. You should be careful with these products as they can cause chemical burns when not used correctly. Begin by soaking your feet in warm soapy water and gently rubbing away any dead skin that loosens. A pumice stone or emery board is then used to “file” this thickened skin. Apply a good moisturizer to the hardened areas to keep them softer and relieve pain. Non-medicated corn pads or moleskin (a thin fuzzy sheet of fabric with an adhesive back) can relieve calluses, but should be removed carefully to avoid tearing the skin.

If you need assistance relieving calluses, contact one of our offices and schedule an appointment with one of our providers. Calluses can be trimmed and comfortable padding may be applied to these painful areas. In addition to medication to relieve inflammation, cortisone may be injected into the underlying bursal sac to rapidly reduce pain and swelling.

A plantar callus forms when one metatarsal bone is longer or lower than the others, and it hits the ground first, and with more force than it is equipped to handle, at every step. As a result, the skin under this bone thickens like a rock in your shoe. Plantar calluses that are recurring are sometimes removed surgically in a procedure called an osteotomy, which relieves pressure on the bone.

A condition called Intractable Plantar Keratosis (IPK) is a deep callus directly under the ball of the foot. IPK is caused by a “dropped metatarsal,” which happens when the metatarsal head drops to a lower level than the surrounding metatarsals and protrudes from the bottom of the foot. This results in more pressure being applied in this area and causes a thick callus to form. A “dropped metatarsal” can either be a congenital abnormality, a result of a metatarsal fracture, or a structural change that may have occurred over time.



SALE! SALE! SALE!

SUMMER ORTHOTIC SPECIAL



We are offering an orthotics self-pay special from May 1 to June 30. A self-pay orthotic regularly costs \$350 a pair.

ONE PAIR FOR \$250
TWO PAIRS FOR \$400
THREE PAIRS FOR \$550 *NEW!*

Full payment is required at casting appointment. Please call us at 314-909-1920 or 618-236-7444 to book your appointment today!

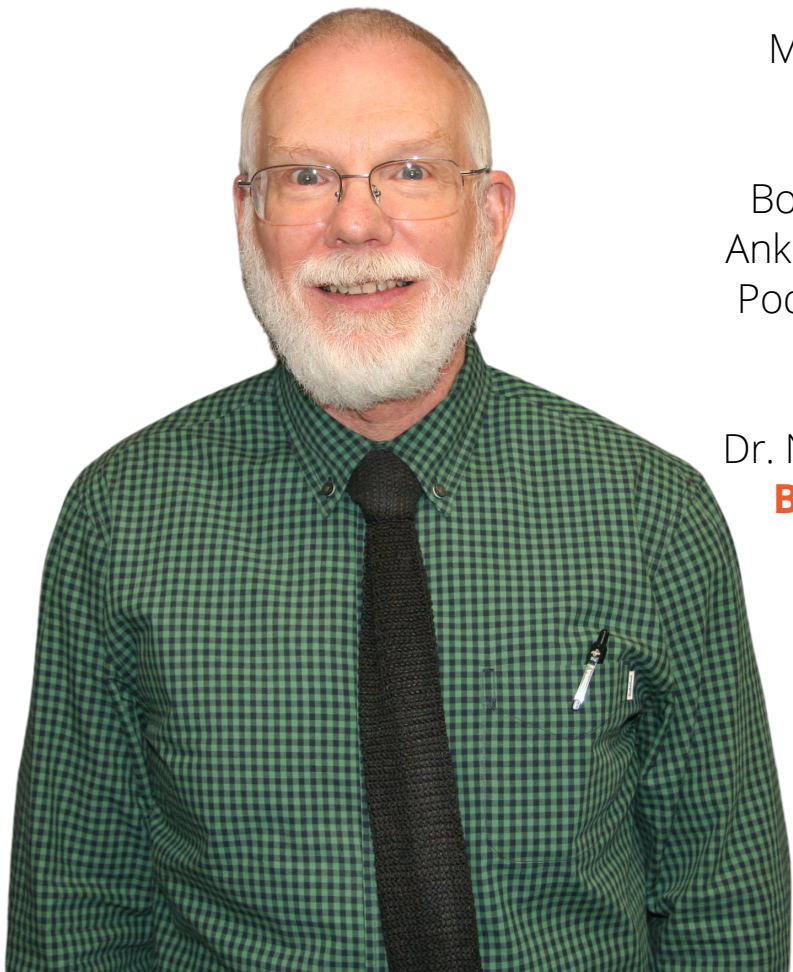


PODIATRIST SPOTLIGHT

RICHARD NORLIN, DPM

Dr. Richard Norlin received his podiatric medical degree at Illinois College of Podiatric Medicine in Chicago, IL in 1979. He is board certified in Foot and Ankle Orthopedics by the American Board of Podiatric Orthopedics and Primary Podiatric Medicine since 1994. What sparked Dr. Norlin's interest to become a Podiatrist was his involvement in high school working as an athletic trainer which peaked his passion for sports medicine. Dr. Norlin enjoys treating routine, geriatric podiatry medicine. He enjoys providing care to decrease or remove foot pain from a patient.

Dr. Norlin's is originally from Molina, IL but now resides in Crestwood, MO. He has been providing care in St. Louis, MO for over 32 years. In his spare time, he enjoys playing tennis and gardening in the spring and summer time.



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Dr. Norlin is available at the following Offices:
Bridgeton, South County, and Watson

Upcoming Employee Birthdays!

Anna (Billing Director),
June 14

Samantha (Pedorthist),
June 28



Follow us on Social Media!

