

Calluses: When Protection Becomes a Problem



Hello Forward Family!

Think calluses are just harmless rough patches? Think again. ***Calluses may start as your body's way of protecting you*** — but over time, they can lead to ***real pain, infections, and even wounds.***

Let's break down the *good*, the *bad*, and the *ugly* of calluses — and what you can do to keep your feet smooth, strong, and pain-free.

CALLUSES

WHAT ARE THEY?

Areas of thickened skin caused by pressure or friction



CAUSES



Tight or ill-fitting shoes



Prolonged walking or standing



Repeated friction

*Calluses are not just “dry skin” — **they’re a signal that your foot needs help.***

When Calluses Become Dangerous

While calluses may seem minor, they can become serious — especially if you have:

- **Diabetes or neuropathy** (you might not feel the pressure)
- **Poor circulation**
- **History of wounds or ulcers**

We've seen simple calluses turn into deep wounds — ***even leading to hospitalization or amputation if ignored.***

Foot Fact or Fiction

1. You should never remove a callus.

Fiction! We just need to remove it *safely* and fix the underlying cause.

2. Calluses can hide warts or ulcers.

Fact! That's why a medical eye matters.

3. A thick callus means your feet are “getting stronger.”

Fiction! It means your feet are under stress.

An illustration showing a foot with a callus being treated by a person wearing a blue glove using a small, dark, pointed tool to remove the callus.

What We Can Do to Help

- Professionally remove calluses without damaging healthy skin
- Identify the root cause (biomechanics, gait, bone structure)
- Offer shoe gear advice or custom orthotics to redistribute pressure

Educate you on at-home care—the right way

Forward Tip: Stop “shaving” your calluses at home!

Over-trimming can cause open wounds or infections — especially in feet with reduced sensation.

Ready to Kick Your Callus Away?

Schedule an appointment now at Forward Foot & Ankle Center!

Livermore, CA | ForwardFeet.com

Call us: (925) 532-0099