

FRANCE-SHELTON FOOT HEALTH CENTRE

Hammertoe and Corn Treatment

Change of Shoes

Hammertoes with corns present are generally only painful when shoes are worn. Therefore, changing to shoes that are “foot shaped” with a rounded toe box that is deep enough to prevent rubbing on the toe may be all you need to do for now. High-fashioned, pointed shoes with a shallow toe box may look great, but they’ll only aggravate painful corns and hammertoes.

Treat the Cause

Mild to moderate hammertoes with only minimal corn formation may get progressively worse. By identifying any functional muscular imbalance or other biomechanical abnormality at an early stage, it’s possible to slow down or even arrest the progression of this potentially painful condition. Therefore, we may advise a biomechanical assessment and functional shoe inserts called orthotics. To learn more about this form of treatment, [click here](#).

Routine Chiropody Treatment

By periodically having your corns trimmed, you may be able to keep any discomfort they cause at bay. This is not something to try with your handy razor blade at home. This type of “bathroom surgery” is likely to be ineffective at best and may even cause a serious infection. And before you run off to your local chemist for a “corn plaster,” keep in mind that these typically contain an acid. This caustic chemical has no intelligence—it cannot distinguish normal from abnormal skin. Once again, serious ulceration and/or infection may occur. To learn more about routine chiropody treatment, [click here](#).

Surgical Correction

If you are chronically troubled with a painful corn associated with a hammertoe deformity, this can be surgically corrected. While there are a variety of surgical procedures available, it most commonly involves removing a small portion of bone from the toe. This is performed using a local anaesthetic—you will not be put to sleep. The incision for this can usually be made in such a way that the corn is instantly removed as part of the procedure. In more severe cases, additional soft tissue releasing may be necessary in order to allow the toe to “sit straighter.” To learn more about bone surgery, [click here](#).

Make an appointment to get the treatment you need - Call 0121 384 3244

Your foot comfort is our business...our only business!

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