



Corns and Foot Care: A Storied History

As far back as there are historical written records, there have been stories about corns. Outside of the Egyptian Physician, Ankamahor's tomb, there is a pictograph of people getting their corns treated (around 2400 BC).



Corns got their name from a Roman scientist Aulus Cornelius Celsus around 50 BC. He called them "clavus" which is an old term still used sometimes today. Roman legions used Pumice stones to remove corns. During the dark ages (500-1500) corn cutters appeared. By the 1700s corn cutters were in England and France. Some became quite prosperous. In 1791 Heyman Lion (a corn cutter) went to Edinburgh University as a medical student and completed 5 years of course work and apparently did quite well. Upon completing the 5 years he was denied a degree because he was originally a corn cutter (not a reputable profession).

Many corn cutters frequented the popular coffee and bathhouses, advertising their skills with grandiose claims of cure and infallible remedies.



Current treatment: The modern corn 😊

Corns are symptoms of underlying problems created by excessive pressure and sheer force caused by bone prominence or tight shoes. A simple surgery can resolve bone prominence. Removing the bone prominence (condylectomy) can get rid of the nasty corn. If the corn is on the end of the toe a simple surgery can be done to make the toe straight and the corn resolves itself. These surgeries are very quick, and require only a few days recovery. On the other hand, simple shoe modifications can be a big help if properly used. One shoe size bigger or wider along with shoe stretching in the right location may solve the problem.

Long story short:

Minimally invasive surgeries and conservative options are available to rid your feet of pesky corns. So if you suffer from this ancient ailment give us a call and let us tell you about your options.

Darren J. Silvester, DPM

Next Step Foot & Ankle Clinic Podiatrist, Universal City Location

5 Things You Could Be Doing that Hurt Your Feet



Wearing High Heels -The shape and lack of cushioning in high heels cause a lot of street on your feet, toes, legs, and back.

Wearing Shoes Without Socks – The risk of wearing shoes without socks includes: foul smelling shoes, blisters and calluses, along with bacterial or fungal infections.

Wearing Flip-Flops Too Often may cause strained muscles and tendons.

Going "Barefoot" gives little protection against foreign objects and can strain the development of ligaments and tendons

Not Stretching Enough. By stretching your feet daily, you avoid pain or injury due to inflexibility.

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13525 Centerbrook, Suite 104, Universal City, TX 78148 Phone: 210.375.3318 Fax: 210.257.6931

409 N. Bryant St. Pleasanton, Texas 78064 Phone: 830.569.3338 Fax 830.569.6833



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Trick or Treat!



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Fast Facts About Heel Pain

- Heel pain is usually felt either under the heel or just behind it.
- US studies estimate that 7% of older adults report tenderness under the heel.
- Plantar Fasciitis is estimated to account for 8% of all running-related injuries.
- There are 26 bones in the human foot, of which the heel is the largest.
- Pain typically comes on gradually, with no injury to the affected area. It is often triggered by wearing a flat shoe.
- In most cases, the pain is under the foot, towards the front of the heel.
- The majority of patients recover with conservative treatments within months.



The Simple Fact
Is You Don't
Have To Suffer
With Heel Pain.

Make an appointment to
see Next Step Foot &
Ankle Clinic today.

Happy Halloween!

From The Team at
Next Step Foot & Ankle Clinic



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