

Narration for third Video - Common Foot Problems

Hello, I'm Andrea Keenan, a podiatrist at The Foot Care Centre in Clonmel. In this video I'd like to talk to you about two of the most common foot problems we see in clinic; corns and athlete's foot. I'll give a brief explanation of what they are, what causes them and how to treat and prevent them. During this video there will be references and links to other sources of reliable information, such as the NHS, where you can explore these topics in more detail.

Corns are areas of thickened skin that may develop anywhere on the foot and, if left untreated, can become increasingly painful and impact mobility.

They are typically classified into three types: hard corns, which are most common and often described as feeling like a stone in the shoe; soft corns, which generally occur between the toes due to moisture and friction and seed corns found on the ball of the foot.

The primary cause of corns is excessive pressure or friction, most frequently resulting from ill-fitting footwear. However, structural variations in foot anatomy such as bunions, hammertoes and other bony prominences also contribute by altering weight distribution and increasing localised pressure. Effective management involves professional removal of the corn using a scalpel which provides immediate relief, followed by advice on appropriate footwear and preventative measures to reduce reoccurrence. Strategies include wearing properly fitting shoes, using insoles to redistribute pressure and applying gel toe separators, digital caps, or padding to minimise friction, particularly between the toes. Individuals with fragile skin or impaired circulation, such as those with diabetes or peripheral arterial disease, are strongly advised to seek early intervention as delayed treatment may lead to further complications and increased risk of infection or ulceration.

Athlete's foot is a common fungal skin infection which thrives in warm, moist environments and affects the spaces between the toes and the sole and sides of the feet. Symptoms include an annoying itch, redness and cracked or peeling skin and sometimes a mild odour. If left untreated it can lead to secondary bacterial infections such as cellulitis, especially in individuals with compromised skin or underlying health conditions. It is commonly caused by not drying your feet thoroughly, especially between the toes. Wearing tight, non-breathable shoes or keeping feet in damp socks for prolonged periods can also encourage the growth of the fungus.

Treatment usually involves using antifungal creams, sprays or gels. It is important to keep using them for the full recommended guide time, even if symptoms start to get better, to ensure the infection is completely gone.

Prevention focuses on keeping the feet clean and dry. This includes changing your socks and washing feet daily, drying thoroughly, especially between the toes. Footwear should be breathable and well ventilated and shoes should be allowed to dry out fully between uses. Taking these simple steps can significantly reduce the risk of developing athlete's foot and help maintain healthy feet.

Thank you for watching this video, I hope it was of some help to you. There are two further videos in this section discussing good foot care and helpful information to guide your choices about hosiery and footwear. Please contact me at The Foot Care Centre in Clonmel if I can be of any further service.

Disclaimer: This video provides general information intended to broaden your understanding of foot health. It is not a substitute for professional medical advice, diagnosis or treatment. Please consult your doctor for advice specific to your individual medical needs.

References and links to further information third video – Common Foot Problems

<https://www.bsuh.nhs.uk/library/wp-content/uploads/sites/8/2020/08/Foot-Health.pdf>

<https://www.esht.nhs.uk/wp-content/uploads/2022/10/1018.pdf>

<https://www.oxfordhealth.nhs.uk/podiatry/foot-health/problems/>

<https://rcpod.org.uk/common-foot-problems/athletes-foot>

<https://rcpod.org.uk/common-foot-problems/corns-callus>

<https://www.chiropody.co.uk/what-we-treat/skin-problems/athletes-foot.php>

<https://www.chiropody.co.uk/what-we-treat/skin-problems/corns.php>

<https://podipedia.co.uk/athletes-foot-blog/>

<https://www.pcds.org.uk/clinical-guidance/callosities-and-corns>