



CALLUS CARE

Calluses result from constant, gradual pressure or friction to the skin. The skin responds by becoming thicker. Calluses serve as a protective mechanism and need only be addressed if they become excessively large, uncomfortable, cracked, ripped, or blistered underneath.

Calluses may appear anywhere on the body. They are more common on the hands and feet because these body parts are exposed to the most stress. However, sport-specific equipment may cause calluses elsewhere. For example, figure skaters and skiers often develop calluses on their ankles.

Calluses also develop from equipment that doesn't fit properly. To assure a proper fit, a complete change of equipment may be necessary. In many instances, auxiliary pads, wedges, or donuts can be used to reduce friction from equipment.

Not all athletes will develop calluses. Those who do should be aware of how to take care of them. Following is a list of suggestions on callus care:

- 1. Keep calluses filed down and smooth with a callus file. Some athletes prefer to do this after a shower when calluses are soft. This should be a daily or every-other-day-ritual.**
- 2. Do not attempt to shave the callus yourself.**
- 3. Keep calluses soft with hand lotion during the day and petroleum jelly at night. Other products that may be helpful include Bag Balm, Udder Butter, Corona ointment or other similar heavy-duty moisturizers.**
- 4. If calluses are large or cracking, try an intensive program of sanding and softening. If this does not help, consult an athletic trainer or physician.**
- 5. If a blister develops underneath a callus, sand the callus and protect the callus/blister with a donut pad to reduce pressure. DO NOT ATTEMPT TO DRAIN THE BLISTER. The blister can become infected very easily. If you notice redness, increased temperature, or increased pain around the blister, consult an athletic trainer or physician.**

PREVENTION is the key to callus care. Properly fitting equipment and daily sanding and moisturizing of calluses should prevent most problems.

The preceding information was gathered from: American Red Cross, Community First Aid & Safety, Mosby Lifeline, 1993 and © 1992 United States Olympic Committee, Sports Medicine Division (revised 20 October 1999).