

**North Perth**

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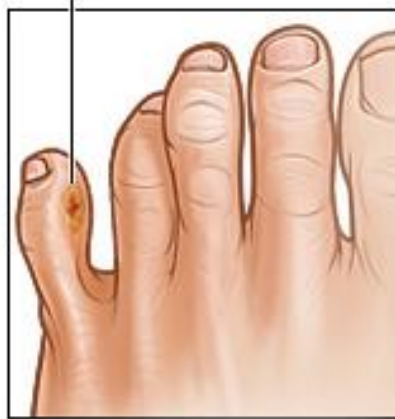
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## Corns Between Toes - Interdigital

### Description

An interdigital corn is often termed a soft corn. It is a dense thickening of skin between the toes at regions where there is impingement or rubbing. Often the condition is present between the 4<sup>th</sup> and 5<sup>th</sup> toes or with deranged toes. This depends on the shape, level of bony prominence and the amount of flexibility that the toe displays. In simple terms it is best described as impingement between two prominences. This is a common condition and causes problems when footwear contributes to constriction.

Soft corn



### Symptoms

- Redness, inflammation or pain between toes
- Pain associated with a small thickened area of the toe
- Often associated with deformed toes or prominences
- There may be overlapping toes
- Skin may breakdown causing an ulceration which can become infected
- A white smelly region may be noted between the toes

### Causes

- Foot mechanics – pronated/flat feet producing toe deformities
- Prominence of joint or small bone spur of toe
- Poor/tight footwear
- Rheumatoid or other arthritic conditions
- Previous damage to toes

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**Treatment**

Treatments vary depending on the severity of pain and deformity. The main goal of early treatment is to remove the impingement;

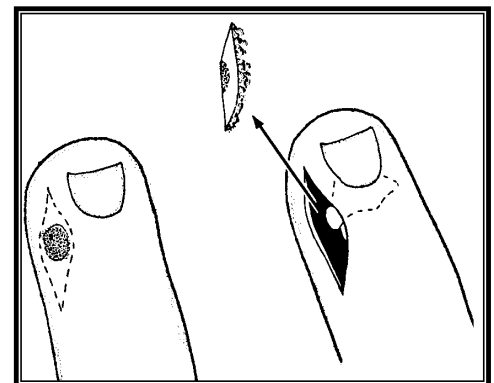
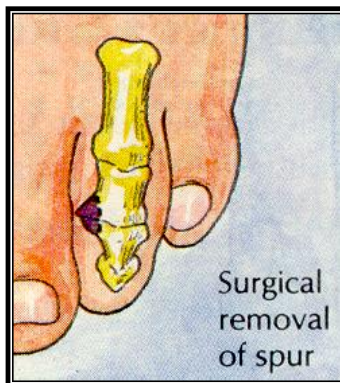
- Padding/strapping
- Wearing correctly fitting footwear that have a wide and deep toe box
- Corns and calluses can be managed by Podiatric treatment.
- Foot orthoses to realign the foot to a more “normal” position and assist in balancing the tendons, stabilising the toe joints and halting or slowing progression of the deformity.
- Surgery – When conservative treatment does not provide satisfactory relief from symptoms, or when the condition interferes with activities, surgery may be necessary. Evaluation by a podiatric surgeon should be sought at the first sign of pain, any concern or discomfort, so that severe deformity can be avoided.

**Dr Nick Marino, Podiatric Surgeon can assist you with this.**

The photo below displays a corn on the top outer area of the 5<sup>th</sup> toe as well as between the 4<sup>th</sup> and 5<sup>th</sup> toes.



The photo above shows the foot immediately after correction including removal of the underlying deformity of the 5<sup>th</sup> toe and spur of the 4<sup>th</sup> toe.



Diagrams above demonstrating the small bone spur.