
Toe elevation in corn management



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CLINICAL CHALLENGE

Corn or clavus is a common, distressing condition resulting from unequal pressure or shearing forces on the weight-bearing plantar surface. Patients with gait anomalies and orthopedic conditions that lead to unequal weight distribution, athletes, and elderly individuals are frequently affected. Another subset with increased risk of corn formation is patients with connective tissue diseases, especially scleroderma, in whom clavi can herald ulceration and further complications.¹ Thus, managing clavi is arduous for the clinician because of the unsolved primary cause and, thus, increased recurrence rate.²

SOLUTION

Reducing the pressure and friction on the affected site is the mainstay of therapy, and we have been using a simple technique to alleviate the weight on the affected toe. A good-quality adhesive plaster of appropriate length and width is wound around the affected toe in a figure 8 pattern (Fig 1). The affected toe is thus kept off



Fig 1. A-C, Adhesive tape wound in a figure 8 pattern is used to elevate the toe with the corn in a patient with systemic sclerosis.

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the ground, which reduces the load on the plantar aspect where the corn is situated. This is a disposable, inexpensive solution that patients themselves can easily use at home.

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