

# Madigan Army Medical Center Referral Guidelines

## Corns, Callouses and Hammertoes

### Diagnosis/Definition

- Focal or diffuse keratotic lesions beneath weight-bearing areas or above pressure points.
- Contractures of the lesser digits.

### Initial Diagnosis and Management

- History and physical examination.
- Appropriate radiographic (weightbearing foot) and laboratory evaluation (rheumatologic panel if the condition is inflammatory, bilateral, and other joint symptoms are noted).

### Ongoing Management and Objectives

Initial primary care treatment should consist of a three-month trial of the following:

- Over-the-counter non-chemical corn pads (i.e., moleskin or Dr. Scholls)
- Over-the-counter soft insoles (i.e., Spenco)
- Corn and callus debridement
- Lachydrin prescription
- Soft shoes with a deep and wide toe box (running/walking shoes)

### Indications for Specialty Care Referral

Patients without improvement of symptoms after the three-month trial period can be referred to the Podiatry Clinic.

### Criteria for Return to Primary Care

Patients should return to primary care for chronic management after biomechanical (non-surgical candidates) or surgical treatment.

Last Review for this Guideline: **June 2009**

Referral Guidelines require review every three years.

Maintained by the Madigan Army Medical Center - Quality Services Division  
Clinical Practice and Referral Guidelines Administrator