



Medical Professionals and Runners Agree: Runners Need to Manage Calluses, Not Remove Them

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Wilmington, June 9, 2016? Calluses are generally not harmful, and are even thought to protect the skin. However, it is important to remember that calluses can also be disadvantageous, especially among individuals who engage in sports such as running.

?It comes as no surprise that many of our callus remover customers are runners? reports Naressa representative Natasha Edwards. Although amongst the running community there seems to be many contrasting opinions if removing a callus is a helpful solution.

Fitness coach and running enthusiast Amanda MacMillan recently shared an article explaining that runners will naturally experience more calluses than non-runners. Due to a high level of activity and friction runners will likely have a tough layer of protective skin known as a callus. Many runners think of their calluses ?as badges of honor? expressed MacMillan.

However upon investigation it was discovered that runners still must manage their calluses before they can interfere with their performance. Podiatrist Magan Leahy explains: "If the calluses are painful, this may alter

your mechanics and lead to injury."

According to Leahy, who is from the Illinois Bone and Joint Institute, the formation of callus takes place as the response of the body to protect the skin from pressure and friction it is exposed to. Runners take more steps than those who are not engaged in the activity, and thus, they are more at risk of callus formation.

Leahy suggests using something as simple as using a callus remover is what can help runners to perform their best and avoid being restricted by a nasty callus. Tools such as the Naressa Electronic Callus Remover has a rotating pumice stone which basically sands or files back the callused skin.

What makes this so effective for runners is that they can take off as much or as little they need? Edwards explains. A callus remover could be the solution to runner who experiences pain or discomfort when they are doing what they love, making it a potential solution to improve their performance.

Many other medical professionals including dermatologist Dr Nada Elbuluk back these findings explaining that corns and calluses can be a significant inconvenience and health risk for runners and other athletes. "Corns typically develop on the tops and sides of the toes, and on the balls of the feet, and common causes are arthritis or poorly fitting shoes," she explained in an American Academy of Dermatology news release.

When the thickened layers of the skin crack, it creates an open wound. Open wounds are almost always susceptible to bacteria and virus, which creates infection. Hardened or thickened calluses also tend to cause pain. Running in these conditions can become very painful.

Individuals who run should avoid using extremely measures such as a metal blade to eliminate calluses. Metal blades would only make them susceptible to wounds and cuts. Aggressive shaving is also not a safe option since it can produce more pain or even increase the risk of infection.

Nail technicians are even prohibited to shave calluses since it is illegal in most states. For individuals who find their calluses unmanageable, they may seek the help of a podiatrist. A podiatrist can analyze the severity of the callus and use the right measure to address it properly.

With this taken into account many medical professionals and running enthusiasts encourage other runners to use a callus removers for regular maintenance. Electronic callus removers are thought to be affordable, simple and painless. The electric callus remover from Naressa has helped quite a number of people manage their callus. It has received positive testimonials at amazon.com. (<http://www.amazon.com/Electric-Callus-Remover-Naressa-Electronic/dp/B015GJDW18>).

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For more information about Naressa, contact the company here:NaressaNatasha Edwards(302)

643-9411media@naressa.com4023 Kennett Pike #51234Wilmington, DE 19807

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Website: <http://www.naressa.com>

Email: media@naressa.com

Phone: (302) 643-9411



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