

## Accepted Manuscript

Title: Do plantar hyperkeratoses affect olders' balance?

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PII: S0958-2592(17)30213-4

DOI: <https://doi.org/10.1016/j.foot.2018.03.002>

Reference: YFOOT 1533

To appear in: *The Foot*

Received date: 23-11-2017

Revised date: 3-3-2018

Accepted date: 13-3-2018

Please cite this article as: Araguas Garcia Caleb, Corbi Soler Francisco. Do plantar hyperkeratoses affect olders' balance?. *The Foot* <https://doi.org/10.1016/j.foot.2018.03.002>

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## Do plantar hyperkeratoses affect elders' balance?

**Manuscript line number:** 876

**Reference line number:** 220

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### ABSTRACT:

**Abstract:** Tactile information picked up by plantar receptors provides afferent sensory information that is fundamental for controlling body balance. Plantar hyperkeratoses may alter the quality and quantity of such information, thereby modifying balance.

**Aim:** Analyse how plantar hyperkeratosis debridement affects elders' static body balance.

**Methods:** In order to analyse the impact of hyperkeratoses on balance, 50 older people took part in this study. Pain caused by plantar hyperkeratoses was measured on a visual analogue scale. Static balance was assessed on a pressure sensitive platform. The treatment was scalpel debridement of hyperkeratoses.

**Results:** Pain decreased significantly ( $p=0.03$ ). Regarding the variables analysed, significant differences were found between pre- and post-treatment values in anteroposterior length (Length, mm) ( $p=0.032$ ) and anteroposterior amplitude (Amp, mm) ( $p=0.044$ ) of the centre of plantar pressure with eyes open.

**Conclusions:** Plantar hyperkeratosis debridement is capable of interfering favourably with sensory afferent inputs, thereby improving control of stability and modifying stabilometric readings in the AP component when a subject balance with eyes open.

**Keywords:** plantar hyperkeratosis, foot, pain, balance, elderly

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