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Authors: Caleb Araguas Garcia, Francisco Corbi Soler

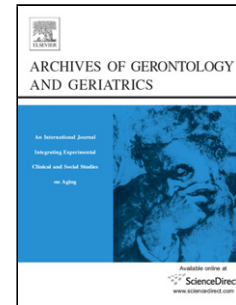
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## Effect of debridement of plantar hyperkeratoses on gait in older people – an exploratory trial

Caleb ARAGUAS GARCIA<sup>1,2</sup>, Francisco CORBI SOLER<sup>2</sup>

<sup>1</sup>Josep Finestres Foundation. Podiatry Hospital, University of Barcelona, Barcelona, Spain.

<sup>2</sup>Department of Health and Management, National Institute for Physical Education of Catalonia (INEFC) - Lleida Centre, University of Lleida, Lleida, Spain.

Contact e-mail: calebaraguas@hotmail.com

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### Highlights:

- Data suggests that debridement of plantar hyperkeratosis may lead to a reduction in pain.
- Plantar hyperkeratosis debridement appear to reduce peak maximum force and peak plantar pressure.
- Parameters of gait investigated using Win-Track platform don't change in elderly participants following debridement of plantar callosities.

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### Abstract:

Hyperkeratoses are a common cause of foot pain due to the release of inflammatory mediators, which can have an impact on the mobility and independence of people suffering from them. However, the repercussions that hyperkeratoses have on gait parameters remain uncertain.

**Aim:** The aim of this study is to analyze the repercussions that plantar hyperkeratosis debridement has on several kinematic and kinetic variables of gait in a group of older participants.

**Methods:** 98 older participants (75.1± 6.7 years) were randomly assigned to two groups: Group A, Scalpel debridement of plantar hyperkeratoses; and Group B, Control group (Simulated debridement). Plantar hyperkeratotic pain was measured before and after treatment on a visual analog scale. Several kinematic and kinetic variables of gait were measured before and after treatment using a Win-Track pressure sensitive walkway.

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