

Fact Sheet

Cracked Heels / Heel Fissures

What are Cracked Heels?

Cracked heels are a common foot complaint and are also known as heel fissures. It occurs when the skin on the heel cracks or splits. The skin cracks with ground reaction forces and when the skin on the heels are not properly hydrated. This can lead to painful and unsightly heels.



When the fissures are deep and bleeding, it can lead to infection. Suffering with cracked heels is often most common over summer when people are wearing backless shoes.

Causes

There are a number of problems, which can cause dry skin and hence, leading to a loss of elasticity of the skin which can lead to cracks or fissures. These can include:

- Walking barefoot or in backless shoes (ie. Thongs)
- Standing on your feet for long periods of time, especially on hard floors
- Excess weight placing more pressure on your heels
- Medical conditions such as eczema, psoriasis, diabetes, thyroid problems, kidney disease
- Circulation problems
- Fungal skin infections

Treatment

Our Podiatrists have the tools and expertise to safely and painlessly debride away the dead skin and repair the fissures.

It is important to see a podiatrist who can advise on emollients/creams to hydrate the skin and give the skin some elasticity protecting it from cracking. It is important for people with diabetes or circulatory problems not to self treat as these conditions can result in decreased sensation and poor healing which can lead to greater complications.



Hihett
Podiatry

ALWAYS CONSULT A TRAINED PROFESSIONAL

The information in this resource is general in nature and is only intended to provide a summary of the subject matter covered. It is not a substitute for medical advice and you should always consult a trained professional practising in the area of medicine in relation to any injury or condition. You use or rely on information in this resource at your own risk and no party involved in the production of this resource accepts any responsibility for the information contained within it or your use of that information.