



Foot Health Facts

Healthy Feet for an Active Life

THE OFFICIAL CONSUMER WEBSITE OF



American College of Foot and Ankle Surgeons®

[Home](#) » [Foot & Ankle Conditions](#) » Cracked Heels

AAA | [Print](#) | [Share](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [Y](#)

Cracked Heels

There are many potential causes of cracked heels. Dry skin (xerosis) is common and can get worse with wearing open-back shoes, increased weight or increased friction from the back of shoes. Dry, cracked skin can also be a subtle sign of more significant problems, such as diabetes or loss of nerve function (autonomic neuropathy).

Heels should be kept well moisturized with a cream to help reduce the cracking. If an open sore is noted, make an appointment with a foot and ankle surgeon for evaluation and treatment.

Copyright © 2016 American College of Foot and Ankle Surgeons (ACFAS), All Rights Reserved.

[Privacy Statement](#) | [Disclaimer](#) | [Terms and Conditions](#) | [Site Map](#)

8725 West Higgins Road, Suite 555, Chicago, IL 60631-2724

Phone: (773) 693-9300 | (800) 421-2237 | Fax: (773) 693-9304 | [E-mail ACFAS](#)

Printed from FootHealthFacts.org, the patient education website of the



American College of Foot and Ankle Surgeons®