Pitted Keratolysis in Athletes

Background
1. Common in athletes with moist and occluded feet
2. No limitation on participation

Pathophysiology
1. Pathology of disease
   o Several bacterial species implicated
     • Corynebacterium
     • Micrococcus sp.

Diagnostics
1. Physical exam
   o Clinical diagnosis based on discrete pits on soles of feet
   o Strong odor
2. Risk factors
   o Skin trauma

Differential Diagnosis
1. Tinea pedis

Therapeutics
1. Acute Treatment
   o Topical antibiotics
     • Erythromycin 2% apply BID
     • Clindamycin 1% apply daily or BID

Prevention
1. Synthetic socks
2. Limit prolonged occlusion of feet

References

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