



Juvenile Plantar Dermatitis

Redness, cracking, and dryness of the soles of the feet characterize Juvenile Plantar Dermatitis (JPD). The sole of the foot usually looks shiny. The top of the toes and other parts of the feet may also be affected. The area between the toes is not affected. This condition is not the result of an infection from a fungus. It is often seen more in children who have eczema, asthma or hay fever. Their skin seems to be more sensitive than others. It is more common in boys than girls. It usually starts around 4-8 years of age, and often improves with age. It tends to be most severe in the summer months, but can be present all year long.

JPD can be aggravated by friction. Friction is greater when the foot moves up and down in a shoe, especially when the foot is sweaty. The foot sweats more in synthetic shoes, such as athletic shoes. Wearing absorbent (sport) socks, changing socks more frequently, and wearing leather-soled shoes can be helpful.

The use of over the counter lubricants such as Aquaphor or Vaseline, two or three times a day is very helpful in treating JPD. If there is intense itching, sometimes a steroid ointment may be used.