





Black heel (Pavlov's) is a type of skin lesion that is characterized by a dark, circular, and well-defined area on the heel. It is often associated with chronic friction and pressure, particularly from wearing high-heeled shoes. The lesion is typically composed of a central area of hyperkeratosis (thickened skin) surrounded by a zone of erythema (redness). The condition is more common in individuals who spend a significant amount of time on their feet, especially in high-heeled shoes. The exact mechanism of its formation is not fully understood, but it is believed to be related to the mechanical stress and irritation of the skin. Treatment usually involves the use of emollients to keep the skin moisturized and the use of protective pads or shoes to reduce friction and pressure. In some cases, medical treatments such as salicylic acid or urea may be used to help remove the thickened skin.