

Factsheet 1

My poor feet!

Feet are one the most used parts of the human body. Our feet are working all day when we are standing, walking, playing or running. Many things affect the health of our feet; how much we use them, what we are doing, our health and perhaps most importantly, our shoes. The foot is an incredibly complex mechanism which acts as a shock absorber and propulsion engine.



The foot and ankle contain:

- 26 individual bones
- 33 joints
- Ligaments (tissues that connect bones to other bones)
- More than 100 muscles
- Tendons
- Blood vessels
- Nerves
- Skin & tissue

All these foot components combine to provide the body with support, balance, and mobility.

