

Factsheet 6

Feet factsheet – the importance of feet

Your feet are not just bones, they are also made of ligaments, nerve endings and muscle.

If you lost your big toe, you would not be able to walk, you would have to learn to walk all over again.

The fastest way to run is on the ball of your foot. This is called the metatarsal area. If you run stamping your whole foot on the ground it will slow you down.

Did you know your feet have 250,000 sweat glands, so they are constantly moist, this helps to keep them supple and healthy.

The arch of the foot is the area of the bottom of the foot between the heel pad and toe pad. This is a natural shock absorber and takes about 2 years to develop.

