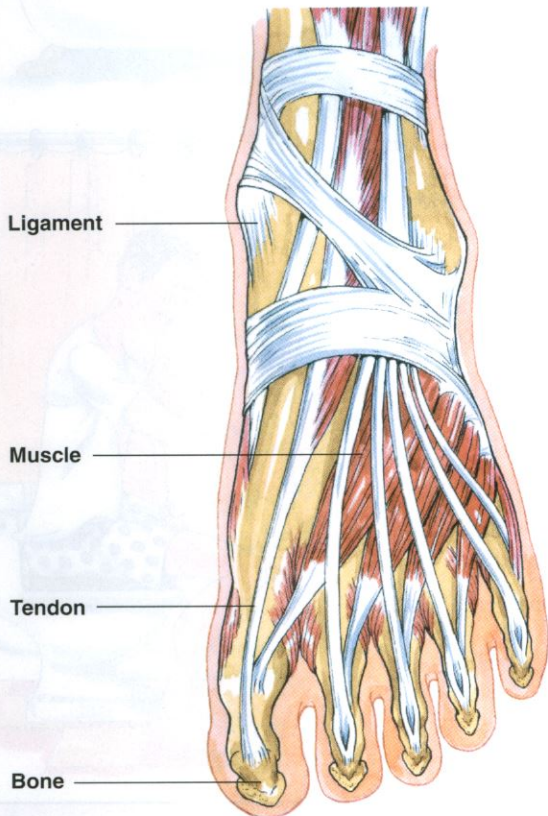


MEET YOUR FEET

The foot is a strong, complex structure. Each foot has 26 bones, and together the feet have almost one-quarter the total number of bones in the entire body! Thirty-three joints make the foot flexible, and about 20 muscles control movement of foot parts. The tendons connect the muscles and bones. When a muscle contracts, the tendon pulls the bone. Many nerve endings make the foot very sensitive. (That's why the feet are so ticklish.) And more than 100 ligaments hold the whole structure together. The long plantar ligament may well be the strongest in the body.

Top View of Foot



Bottom View of Foot

