

Podiatry: Foot Facts

Foot facts

- Your feet give you: stability and balance; grip and strength to walk and run; shock absorption so that the rest of your body is not jarred as you move.
- Each foot has 26 bones, 33 joints and a network of more than 100 tendons, muscles and ligaments.
- One quarter of all the bones in the human body are in your feet. When these bones are out of alignment, so is the rest of the body.
- The heel bone is the largest of the bones in the foot.
- There are over 7,000 nerve endings in each foot.
- Feet have 250,000 sweat glands. When active, feet can produce four to six ounces of perspiration a day, sometimes more.
- A child's foot grows rapidly in both length and width in the first four years. It then slows down to a rate of growth of approximately one size per year until around the mid-teens, when the foot is full size.

Walking facts

- A person weighs more walking than standing. Walking is dead weight plus push energy, which adds about 30 per cent to standing weight.
- An average day of walking brings a force equal to several hundred tonnes to bear on the feet.
- The average person takes 8,000 to 10,000 steps a day.
- The average person walks about 115,000 miles in a lifetime – more than four times the circumference of the globe.
- Some 67 million men and women are walking regularly for exercise.
- A brisk walk can burn up to 100 calories per mile or 300 calories per hour. Walking is a perfect complement to a sensible diet to lose weight and keep it off.

Shoe facts

- Badly fitting shoes are the cause of many foot problems.
- The bones of children are softer than those of adults and can be more easily harmed by ill-fitting shoes or socks. Fast growing feet need to be professionally measured every three months.
- Corns and calluses are caused by friction and pressure from skin rubbing against bony areas when wearing shoes. If the first signs of soreness are ignored, corns and calluses rise up as nature's way of protecting sensitive areas.
- Shoes should be long enough to avoid squashing toes, wide enough to avoid sideways squashing, and deep enough in the toe area to prevent the shoe rubbing against the toes