

General Foot Health

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A Biological Masterpiece, But Subject to Many Ills

The human foot is a biological masterpiece. Its strong, flexible, and functional design enables it to do its job well and without complaint—if you take care of it and don't take it for granted.

healthThe foot can be compared to a finely tuned race car, or a space shuttle, vehicles whose function dictates their design and structure. And like them, the human foot is complex, containing within its relatively small size 26 bones (the two feet contain a quarter of all the bones in the body), 33 joints, and a network of more than 100 tendons, muscles, and ligaments, to say nothing of blood vessels and nerves.

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