



# Foot Facts

Take a step toward knowing more about your feet.

Many people are body conscious but don't think twice about their hard-working feet—until something happens. Bipedal locomotion shouldn't be an afterthought. Here are some fun facts about the beginning of the lower kinetic chain.




A pair of feet has 250,000 sweat glands, which can excrete as much as a half-pint of moisture a day.



The **orthotics market** could reach annual sales of \$4.7 billion by 2015.

About **15%** of sports-related injuries affect the foot alone.



The 52 bones in the feet make up about 25% of all the bones in the body.

three out of four

Americans experience serious foot problems in their lifetime.



The **pressure** on the feet when running can be as much as four times the runner's body weight.



The human foot has

**26** bones,

**33** joints,

**107** ligaments and

**19** muscles.