

Foot Flashcards PDF

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What is the primary function of the foot?

The primary function of the foot is to support the weight of the body and enable locomotion.

How many bones are in the human foot?

There are 26 bones in the human foot.

What are the three main sections of the foot?

The three main sections of the foot are the hindfoot, midfoot, and forefoot.

What is the role of the arch in the foot?

The arch of the foot helps to absorb shock and distribute weight evenly.

What are common foot conditions?

Common foot conditions include plantar fasciitis, bunions, and flat feet.

What is the purpose of foot hygiene?

Foot hygiene is important to prevent infections, odor, and other foot-related issues.

What type of footwear is recommended for foot health?

Footwear that provides proper support, cushioning, and fits well is recommended for foot health.

How can one prevent foot injuries?

One can prevent foot injuries by wearing appropriate footwear, maintaining foot hygiene, and avoiding overexertions.

What is the significance of the Achilles tendon?

The Achilles tendon connects the calf muscles to the heel bone and is crucial for walking, running, and jumping.

What are the benefits of regular foot exercises?

Regular foot exercises can improve strength, flexibility, and overall foot health.