

FEET

Your "hanging skeleton" contains the bones of limbs that help you move, such as your hands and feet. Your feet support the weight of your body and also help you balance. Each foot has 26 bones, 33 joints and 19 muscles, which work together to make sure your feet can be flexible and strong. One-quarter of all of the bones in your body are found in your feet.

Tarsals The bones in your ankle support the back of the foot.

Metatarsals These five long bones form the arches of the feet.

Phalanges These are the toe bones. They connect through joints, which allows you to move your toes.

Arched foot These are strong arches.

Flat foot This is a fallen arch.

Inside info

The average person walks about 127,000 kilometres (79,500 mi) over a lifetime. That is enough to walk around the Earth three times!