

Name: _____

Date: _____

How many bones are in the foot?



READ

Each foot has 26 bones, plus muscles, tendons and ligaments. Together they make a curve under the foot, the arch, which works like a spring (just a comparison) and helps you walk, run and jump without getting hurt.

1 Which part is it? Use the words in the box.

Achilles tendon

Midfoot bones

Talus

1. The bone that fits between the shin and the heel. It forms the ankle. _____
2. The strong cord behind the ankle. It links the calf to the heel and lets you stand on tiptoe. _____
3. Small bones that fit together like a puzzle (just a comparison) and make the curve under your foot. _____

2 Match each part to what it does. Write the letter.

- ☐ 1. Calcaneus (heel bone)
- ☐ 2. Metatarsals
- ☐ 3. Plantar ligament
- ☐ 4. Foot muscles

- A.** Taking the weight at the back of the foot
- B.** Holding up the arch
- C.** Moving the toes and keeping balance
- D.** Forming the front of the foot

3 True or false? Write T or F.

- ☐ 1. **Talus:** linking the leg to the foot
- ☐ 2. **Achilles tendon:** forming the arch of the foot
- ☐ 3. **Midfoot bones:** lifting the heel
- ☐ 4. **Phalanges (toes):** giving balance and push-off

4 Think and answer

What are flat feet?



Spin it in 3D and read more
anatomytour.com/en/foot

Answer key: How many bones are in the foot?

1 Which part is it?

1. Talus
2. Achilles tendon
3. Midfoot bones

2 Match each part to what it does.

1. A
2. D
3. B
4. C

3 True or false?

1. T
2. F (Achilles tendon: lifting the heel)
3. F (Midfoot bones: forming the arch of the foot)
4. T

4 Think and answer

It is when the arch is low and the whole sole touches the ground.

