



Australian Podiatry Association (Vic)
26/456 St Kilda Road, Melbourne 3004
Ph: 03 9866 5906
Fax: 03 9866 2094
Email: apoda@podiatryvic.com.au
www.podiatryvic.com.au

Foot Health Week
Sunday 14th to Saturday 20th October 2007
Children's Feet
The First Steps to Foot Health

Foot Facts

- Our feet house a quarter of all the bones in the body (52).
- Children's feet are mostly cartilage when they are born and the bones will keep growing and developing throughout childhood and adolescence.
- Children's feet will reach almost half their adult foot size by the age of 18 months.
- Children's feet grow rapidly in childhood, often changing size within months.
- Up to one third of children aged between four and six years of age suffer from 'growing pains' in the feet and legs.
- An estimated 10-20 per cent of children have flat feet (flat feet in children are not necessarily a problem but if they are causing pain, affecting mobility or interfering with activities they should be investigated).
- On average a person will walk approximately 128,000kms in a lifetime – that's more than three times around the earth.
- By the time we reach 50 we have lost up to half of the shock-absorbing capability of the natural foot pad.
- 66 joints and a network of more than 100 tendons muscles and ligaments support our feet.
- Our feet absorb 1.5 – 2 times our body weight during normal walking and up to 4 times our body weight when jogging.
- The first signs of many diseases, including heart disease, arthritis, osteoporosis and diabetes, can show up in the feet.

-Ends-

Media Inquiries: Cylie Williams: 0414 693 312; Brett Waddell: 0410 696 618