

Foot & Ankle Health Quiz

Fill In the Blanks

Word Bank

Achilles

Quarter

Podiatrist

Straight across

Heels

Rest

Bones

Six

Run

Healthy

1. You should always cut your toe nails _____.
2. Ankle sprains and strains should be treated with RICE, which stands for _____, Ice, Compression, and Elevation.
3. Being active every day will help your whole body stay _____—including your feet and ankles.
4. The skin on the bottom of your feet is almost _____ times thicker than the skin on the rest of your body.
5. A _____ is a doctor specially trained to treat the feet and ankles.
6. Kids who play sports may have pain in their _____, which should be checked out by a foot doctor.
7. Each of your feet has 26 _____, 33 joints, 107 ligaments, and 19 muscles and tendons.
8. One _____ of all the bones in the human body are in your feet.
9. When you walk, the pressure put on your feet is more than you weigh; when you _____, it may be three or four times more.
10. _____ is the name of a hero of ancient Greece, and also the name of the largest and strongest tendon in your foot.