



FELDENKRAIS® CENTRE VANCOUVER

Happy Feet Workshop Learning Quiz

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1. How many bones are there in the foot?
 - a. 22
 - b. 31
 - c. 26
 - d. 33

2. How many joints are there in the foot?
 - a. 22
 - b. 31
 - c. 26
 - d. 34

3. How many muscles are there in the foot?
 - a. 22
 - b. 31
 - c. 20
 - d. 36

4. Humans are the only primates with a non-grasping first toe.
 - a. True
 - b. False

5. What purpose do the toes serve?

6. Which has more power to grasp?
 - a. an infant's foot
 - b. an adult's foot

7. The middle foot is comprised of 5 bones? What are they called?

8. Think about a wet footprint – what parts of the foot come into contact with ground and which do not?

9. The point of a spike heel worn by an average woman when wearing high heeled shoes is subjected to how much pressure per square inch with every step she takes?
 - a. 0
 - b. 20
 - c. 200
 - d. 2000
 - e. 20,000

10. Compared to standing, walking increases the pressure on the foot:
 - a. Two fold
 - b. Four fold

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Answers:

1 – c

2 – b

3 – c

4 True

5 grasping, support

6 - a

7 cuboid, navicular and 3 cuneiforms

8 heel, lateral arch, distal metatarsals and distal phalanges do; medial arch and proximal phalanges do not

9 - d

10 - a (running increases pressure 4 fold)