

Foot Injuries and Disorders

Each of your feet has 26 bones, 33 joints, and more than 100 tendons, muscles and ligaments. No wonder a lot of things can go wrong. Here are a few common problems:



Bunions - hard, painful bumps on the big toe joint

Hammer toes - toes that curl downward into a claw-like position

Calluses and corns - thickened skin from friction or pressure

Plantar warts - warts on the soles of your feet

Fallen arches - also called flat feet

Ill-fitting shoes often cause these problems. Aging and being overweight also increase your chances of having foot problems.

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