



# Importance of Foot Bone Health: Case Report

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## Abstract

Our overall health depends heavily on our bone health. Because they bear the weight of our entire body, it is essential to take care of our bones, particularly those in our feet. We'll talk about the importance of foot bone health and how to keep it healthy in this article. There are 26 bones, 33 joints, and more than 100 muscles, tendons, and ligaments in the foot, making it a complicated structure. It gives the body support, balance, and mobility.

## Introduction

The foot relies on its bones for proper function. Various foot conditions like plantar fasciitis, heel spurs, bunions, and flat feet can occur if the bones in the foot are not in good shape. Because it aids in maintaining the proper alignment of the foot bones, bone health is essential for the foot. The foot bones are intended to cooperate with a particular goal in mind to help the body's weight. Problems with the foot can have an impact on the biomechanics of the body as a whole if any of the bones in the foot are unhealthy.

### There are multiple ways of keeping up with bone wellbeing in the foot, here are a few hints

**Exercise:** For the foot's bone health to be maintained, exercise is necessary. Building bone density is aided by weight-bearing activities like walking, running, and dancing. Additionally, exercise improves flexibility, balance, and coordination, all of which are essential for maintaining healthy feet.

**Diet:** A solid eating regimen is fundamental for keeping up with bone wellbeing in the foot [1]. An eating routine plentiful in calcium, vitamin D, and other fundamental supplements helps in areas of strength for building. Fortified cereals, dairy products, and leafy green vegetables are excellent sources of calcium and vitamin D.

**Shoes:** To keep the foot's bones healthy, it's important to wear the right shoes. Shoes with adequate cushioning and arch support can aid in maintaining proper foot bone alignment [2]. Comfortable shoes are essential because wearing high-heeled shoes for an extended period of time can result in foot conditions like plantar fasciitis.

**Rest:** For the foot's bone health, rest is essential. The risk of foot injuries and stress fractures can be reduced with foot rest. It's important to avoid overusing the foot and give it time to recover from strenuous activities.

**Stretching:** Stretching is important for keeping your flexibility and avoiding injuries to your feet. Stretching exercises like calf stretches, ankle rotations, and toe curls can help keep the bones of the feet in the right place and prevent problems. For overall health, it is essential to keep the foot's bones healthy [3]. It is essential to take care of the foot because it is a complex structure with many bones, joints, muscles, tendons, and ligaments. Some of the ways to keep the foot's bones healthy are to exercise, eat well, wear the right shoes, get some rest, and stretch. You can keep your feet in good health and avoid problems by following these tips.

Through movement, exercise, and manual therapy methods, physiotherapy is a healthcare profession that helps people recover from physical injuries, illnesses, or disabilities. Physiotherapy can be gainful

for working on bone wellbeing in different ways, including forestalling or treating osteoporosis, assisting with breaks, and advancing by and large bone strength and thickness. In this article, we will examine how physiotherapy can assist with working on bone wellbeing and how you might keep up with it in the wake of finishing physiotherapy [4].

### How physiotherapy can work on bone wellbeing

**Exercises for carrying weights:** To increase bone density, physiotherapists frequently recommend weight-bearing activities like walking, jogging, or dancing. By stimulating the production of new bone tissue, these exercises make bones stronger and less likely to break.

**Strength training:** By putting stress on the bones and encouraging the growth of new bone tissue, resistance training, such as lifting weights or using resistance bands, can also contribute to an increase in bone density.

**Exercises for balance and coordination:** Balance and coordination exercises are often prescribed by physiotherapists to help prevent falls, which can cause fractures, especially in older people. Proprioception, or the sense of where your body is in space, can be improved through these exercises, which can also lower the risk of falling [5].

**Physical therapy:** Physiotherapists might utilize manual treatment procedures, for example, activation or control to work on joint portability and diminish torment [6,7]. People with osteoporosis and other conditions that affect bone health may benefit from these methods.

### Instructions to keep up with bone wellbeing after physiotherapy

**Keep up with the exercises:** Even after you have completed your therapy sessions, it is essential to continue performing the exercises that your physiotherapist has instructed you to do. The key to maintaining and improving bone health is consistency.

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**Keep a healthy diet going:** A fair eating regimen plentiful in calcium, vitamin D, and different supplements is critical for keeping up with bone wellbeing. Food sources like dairy items, verdant green vegetables, and invigorated oats are fantastic wellsprings of calcium and vitamin D. Because it aids in the transportation of nutrients to the bones, drinking enough water is essential for bone health. Expect to drink something like eight glasses of water a day.

**Smoking and drinking too much alcohol should be avoided:** Smoking and drinking too much alcohol can weaken bones and make it more likely that they will break. If you smoke, you should think about quitting and limit your alcohol intake to one drink per day for women and two drinks per day for men.

**Get sufficient sleep:** Because the body repairs and regenerates bone tissue during sleep, it is essential for bone health. Every night, try to get at least seven to eight hours of sleep.

## Conclusion

For overall health, it is essential to keep the foot's bones healthy. It is essential to take care of the foot because it is a complex structure with many bones, joints, muscles, tendons, and ligaments. Some of the ways to keep the foot's bones healthy are to exercise, eat well, wear the right shoes, get some rest, and stretch. You can keep your feet in good health and avoid problems by following these tips. Physiotherapy can be a useful instrument for working on bone wellbeing. Exercises and manual therapy can be prescribed by physiotherapists to help increase bone density, prevent fractures, and improve overall bone strength and health. After physiotherapy, it is important to continue exercising, eat

a healthy diet, drink enough water, avoid smoking and drinking too much alcohol, and get enough sleep to keep bone healthy. If you follow these tips, you can contribute to the health and strength of your bones for many years to come.

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