

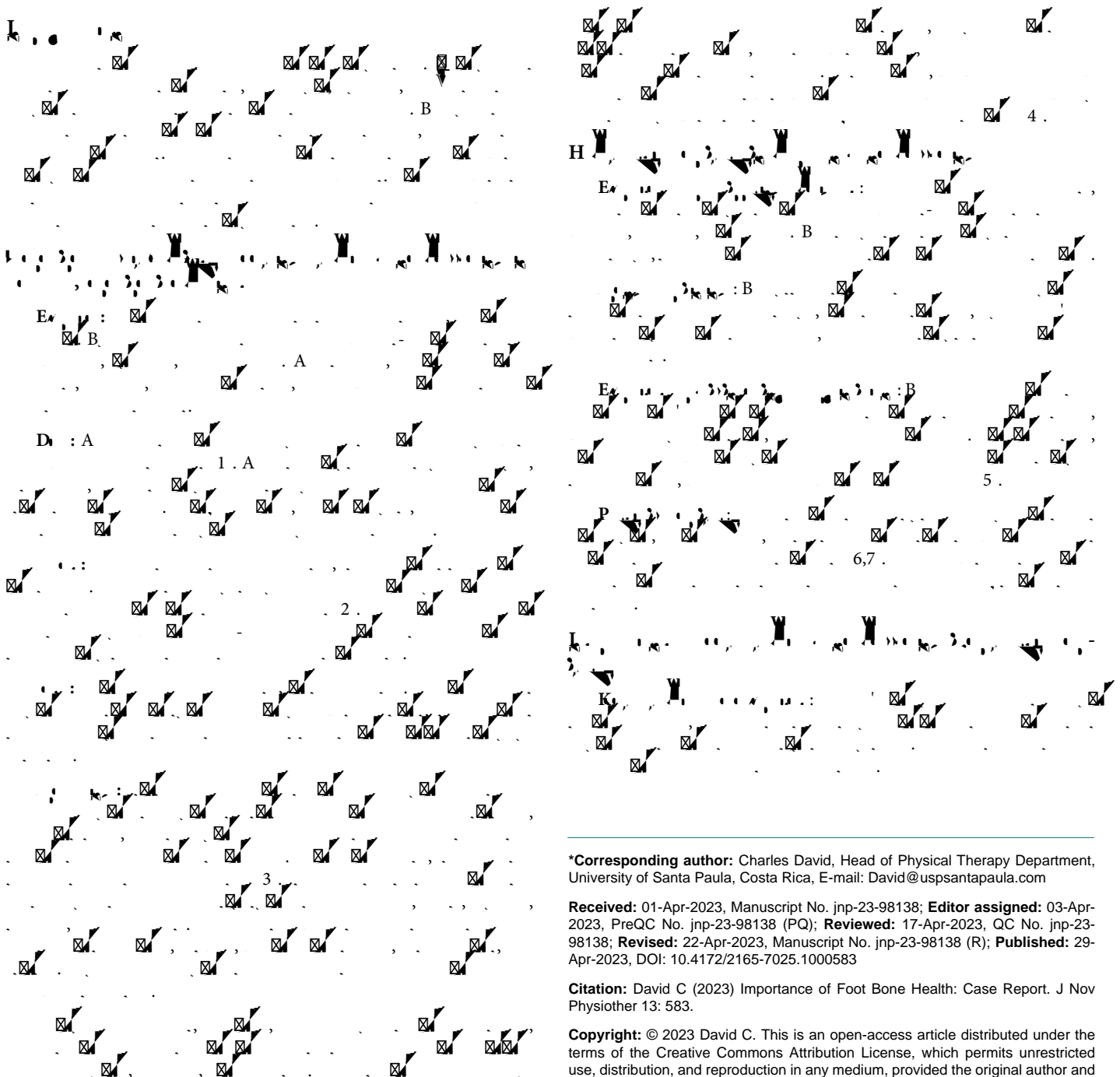
## Importance of Foot Bone Health: Case Report

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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.



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