

## **Book #2 Bones of the Foot, Leg, and Pelvis**

The fun continues with Book 2's circus theme! Readers join Dr. Bonyfide and Ringmaster Starr for an amaaaazing big top introduction to the bones of the foot, leg, and pelvis. Enjoy the antics of a colorful cast of acrobats, trapeze artists, and clowns in this second book of the Know Yourself Academy series. Engaging activities, hidden messages, and Know Yourself's beautiful visuals will help young people on the adventure to get to know how their body works.



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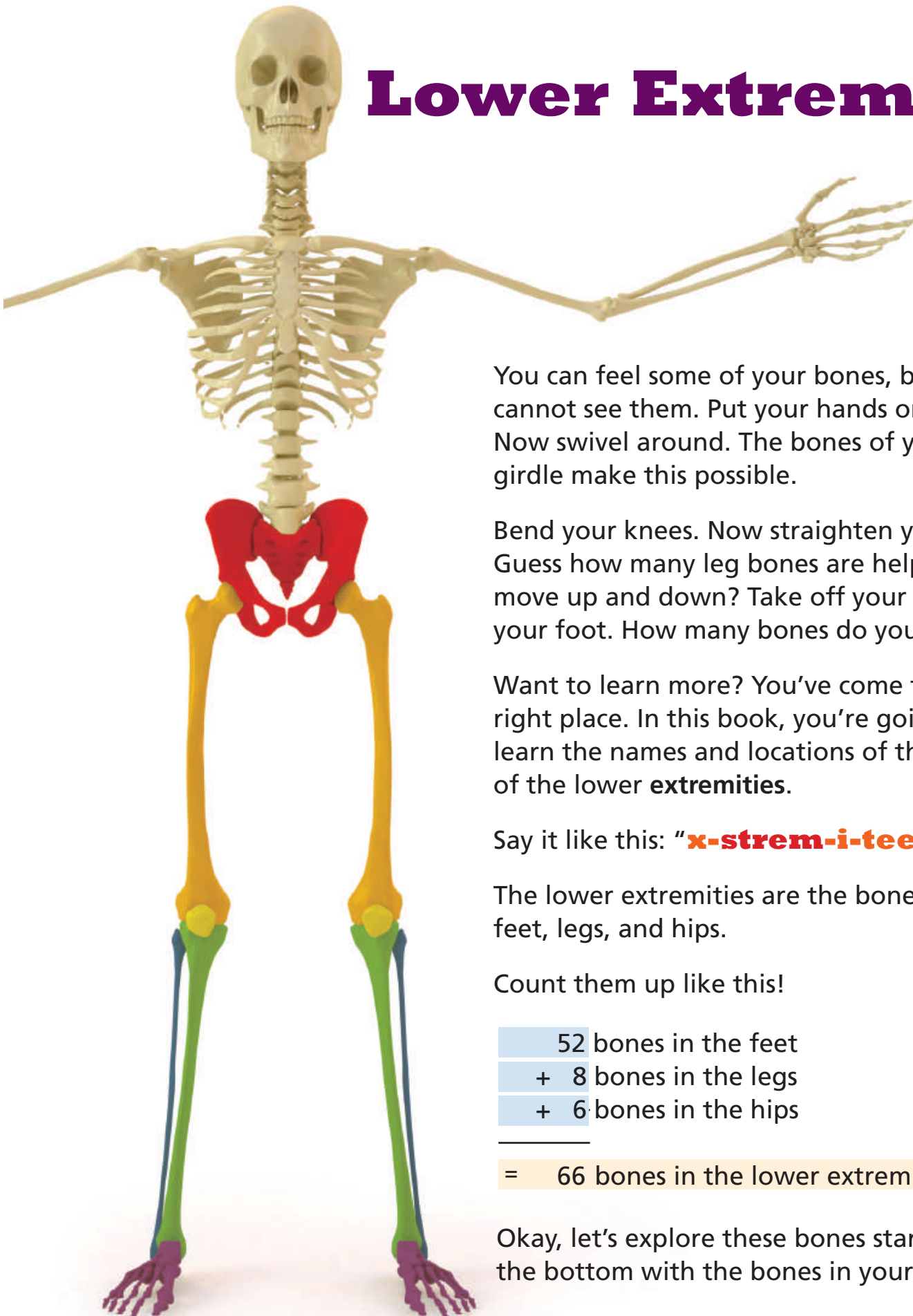
# Preface

**Know Yourself** is a Public Benefit Corporation dedicated to making self-literacy as fundamental to early education as the ABCs and 123s. We believe people should know as much about how they are put together as they know about downloading apps to their phone.

The body is not only how humans physically move through life, but is used as a means of self-expression. Body language is an inherent part of communication. It is an inseparable element which research shows constitutes a majority of what human beings communicate. Psychology is linked to physiology. Body movements affect not only how others perceive you, but more importantly, how you feel about yourself. It follows that understanding the elementary engineering of how your body is put together will fortify your potential in life.

The Know Yourself Team chose to begin this journey with our skeleton structure, the 206 bones of the adult human body. Our books are the foundation of our product line, which includes educational clothing, animation, graphic novels, music, and more.

# Lower Extremities



You can feel some of your bones, but you cannot see them. Put your hands on your hips. Now swivel around. The bones of your pelvic girdle make this possible.

Bend your knees. Now straighten your legs. Guess how many leg bones are helping you move up and down? Take off your shoe. Feel your foot. How many bones do you feel?

Want to learn more? You've come to the right place. In this book, you're going to learn the names and locations of the 66 bones of the lower **extremities**.

Say it like this: "**x-strem-i-teez**"

The lower extremities are the bones of your feet, legs, and hips.

Count them up like this!

$$\begin{array}{r} 52 \text{ bones in the feet} \\ + 8 \text{ bones in the legs} \\ + 6 \text{ bones in the hips} \\ \hline \end{array}$$

$$= 66 \text{ bones in the lower extremities}$$

Okay, let's explore these bones starting at the bottom with the bones in your feet.

How is your foot organized?

The forefoot is composed of five toes and five metatarsals.

The midfoot is composed of four distal tarsals.

The hindfoot is composed of three proximal tarsals.



**FOREFOOT**

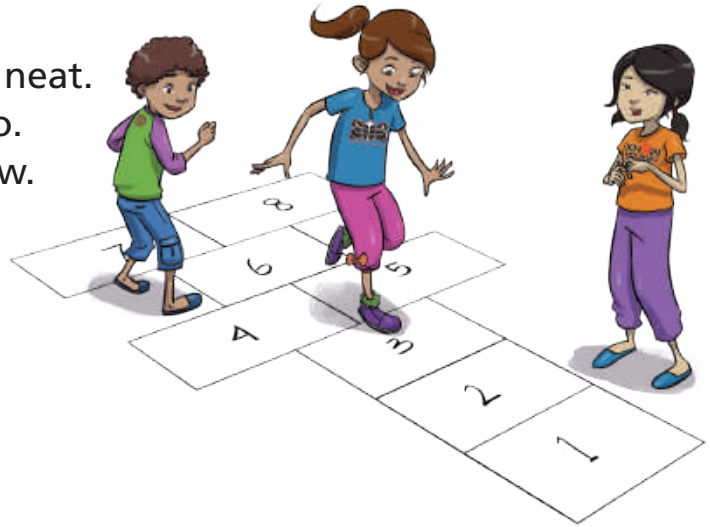
**MIDFOOT**

**HINDFOOT**



# The Phenomenal Feat of Your Feet

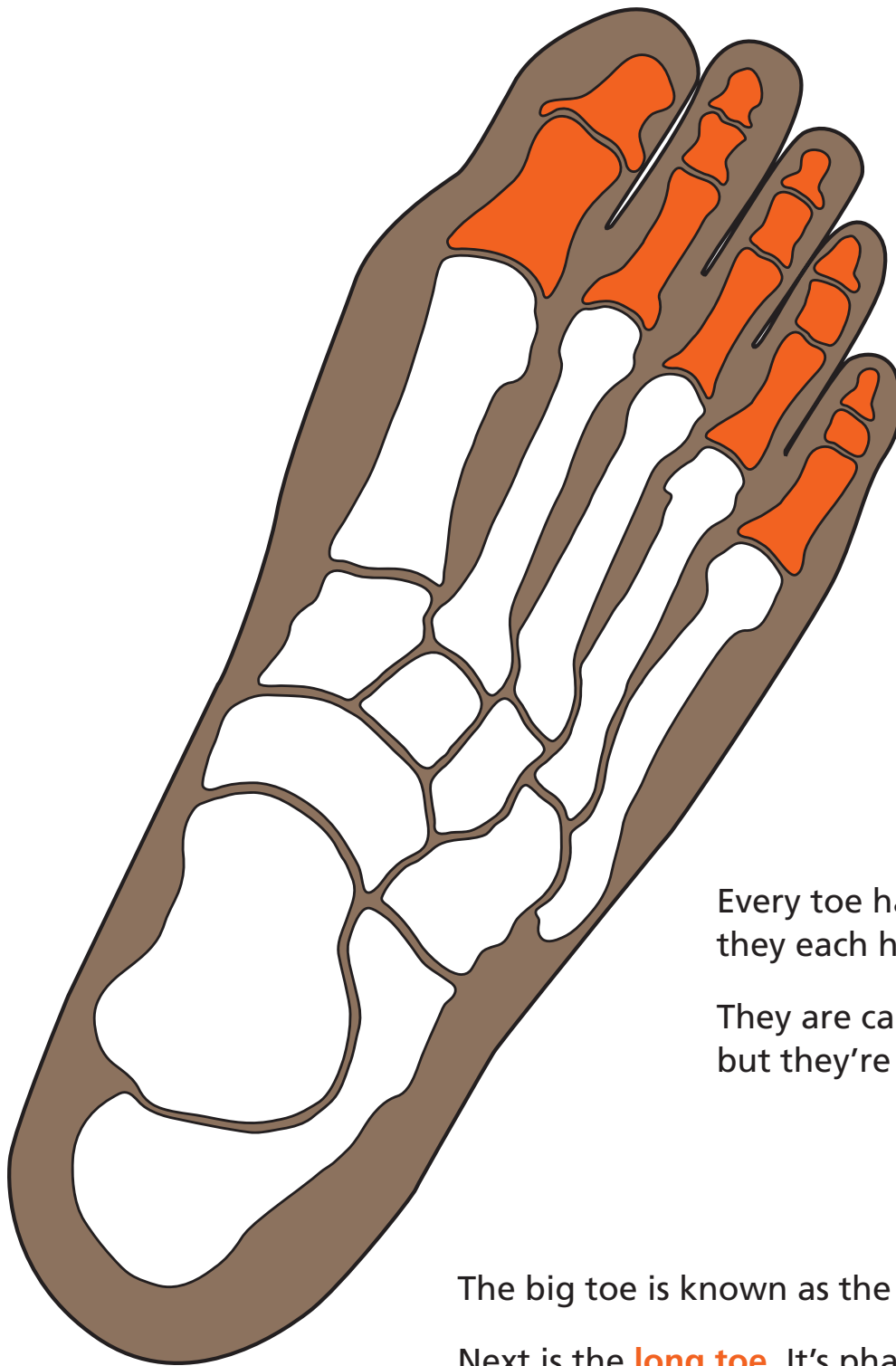
Heel, arch, ball, and toes.  
Those are what you have down low.  
They perform a phenomenal feat.  
They keep you upright, straight, and neat.  
An awesome group that helps you go.  
Let's all give thanks for our feet below.



# Phalanges

Say it like this: "fa-lan-geez"





Every toe has a number and they each have a name.

They are called phalanges, but they're not all the same.

The big toe is known as the **hallux**. It's phalange #1.

Next is the **long toe**. It's phalange #2.

The **middle toe** is phalange #3.

Right next to that is your **ring toe**, phalange #4.

And your **pinky toe** is phalange #5.

There are 14 bones that make up your phalanges.





# Phalanges

Write the answers on the lines below.

Phalange #1 is called the \_\_\_\_\_ .

The long toe is phalange number \_\_\_\_\_ .

Phalange #3 is called the \_\_\_\_\_ .

The ring toe is phalange number \_\_\_\_\_ .

Phalange #5 is called the \_\_\_\_\_ .

How many  
phalange bones  
are in one foot?

- 7
- 3
- 10
- 14

How many  
phalange bones  
are in two feet?

- 6
- 20
- 10
- 28



Like your hands, your feet are tools of mobility.

Let's **DIP** into the phalanges.  
We'll show you a word-trick.

The word-trick is called a mnemonic.  
And you say it like this: "**ne-mon-ick**"

Here's how it works:  
The letters D-I-P help you remember the bones of the toes.

**D** stands for Distals. They are out at the tips.

**I** stands for Intermediates. They are the bones in the middle.

**P** stands for Proximals. They are the bones at the base.

Your big toe has two bones and your other toes have three.  
Take a look at your own foot and you will clearly see.

