



# Feet

## Student Worksheet



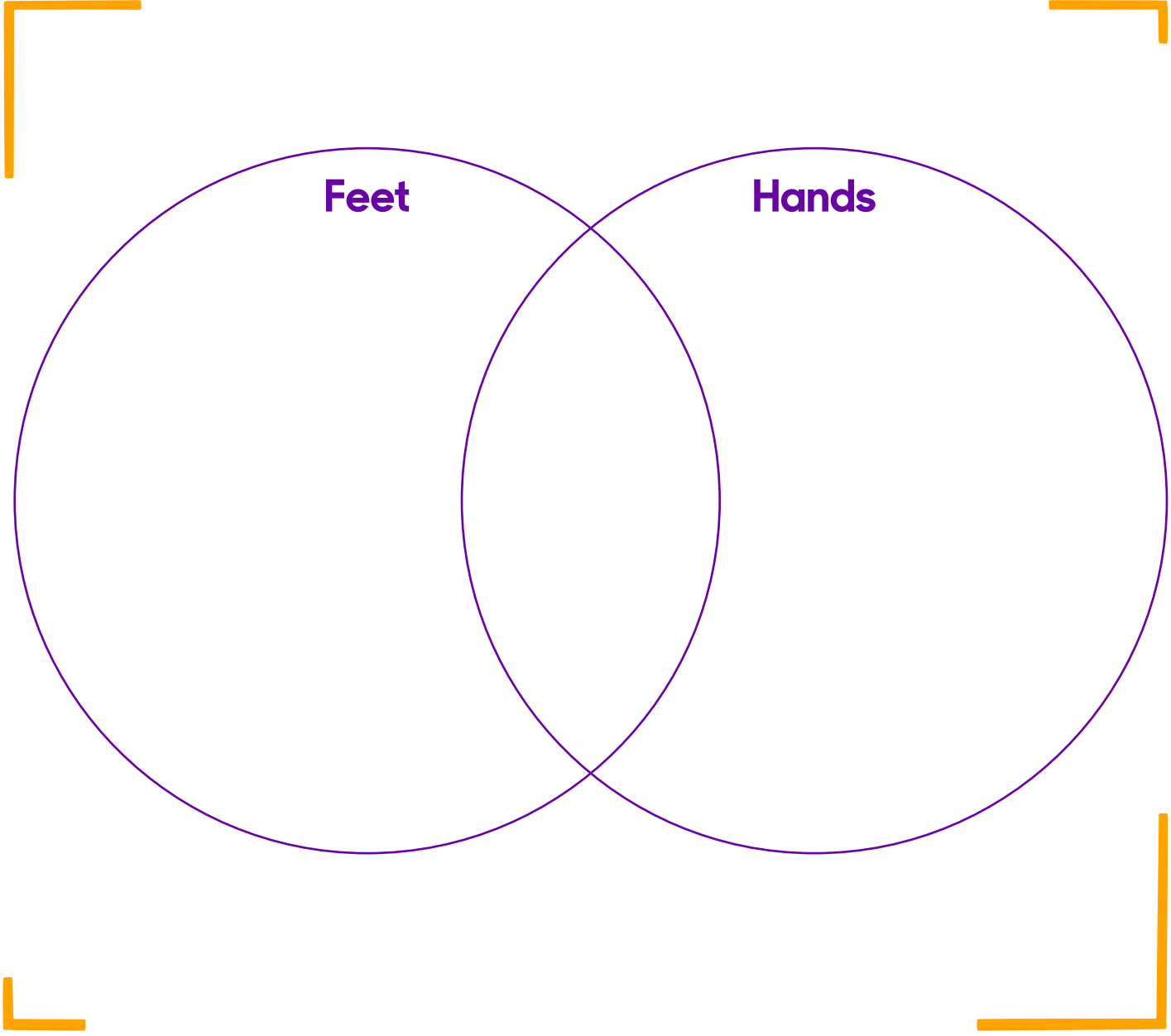


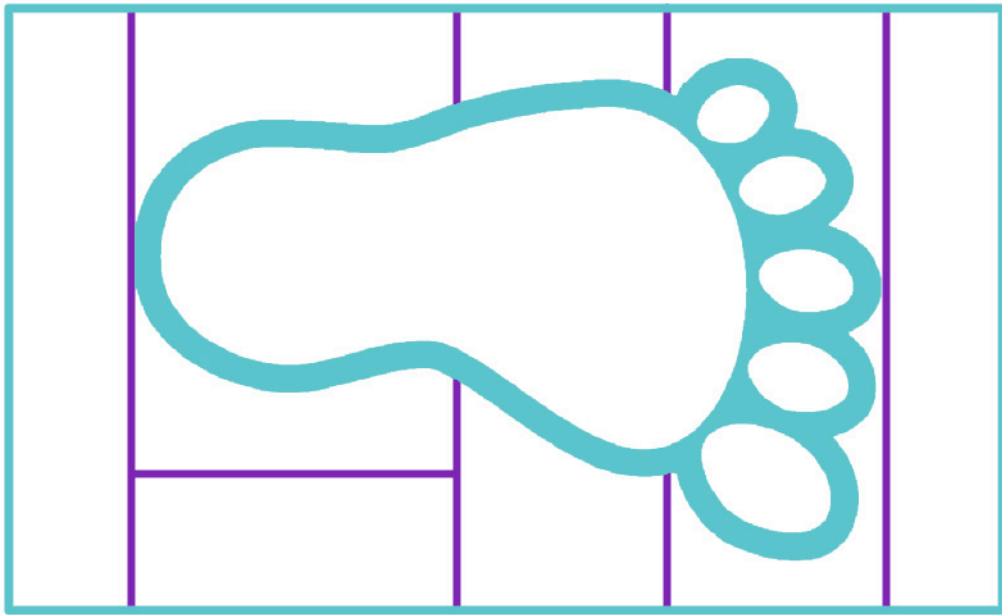
## Compare and contrast

Only hands

Only feet

Both hands and feet





A

D

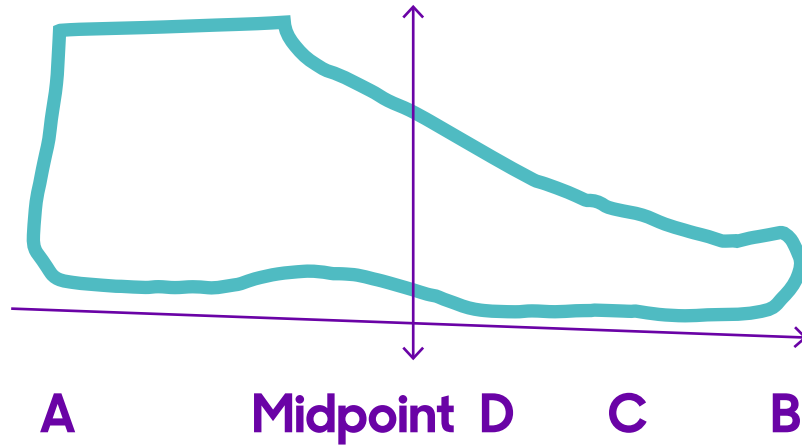
C

B

A to B:

mm

\_\_\_\_\_



Height measured at midpoint D = \_\_\_\_\_ mm

Midpoint (D) A to B  $\div$  2 = \_\_\_\_\_ mm

A to C = \_\_\_\_\_ mm



| Please write the type of surface you mostly walk on here | Distance A to B in mm | Height of foot in mm | Distance A to C in mm | Arch Height Index (AHI) which is Height divided A to C in mm |
|--|-----------------------|----------------------|-----------------------|--|
| Left foot standing<br>Student 1                          |                       |                      |                       |  |
| Left foot sitting<br>Student 1                           |                       |                      |                       |  |
| Left foot standing<br>Student 2                          |                       |                      |                       |  |
| Left foot sitting<br>Student 2                           |                       |                      |                       |  |

Distance from bottom of ruler to 0 cm mark = \_\_\_\_\_ mm



|                        | Arch Height Index (AHI) standing | Arch Height Index (AHI) sitting | Foot flexibility<br>AHI standing ÷ AHI Sitting |
|------------------------|----------------------------------|---------------------------------|--|
| Left foot<br>Student 1 |                                  |                                 |  |
| Left foot<br>Student 2 |                                  |                                 |  |

The type of surface I spend most of my time on is.

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