



Your Amazing Body

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Legs: Two Great Things to Be Thankful For

Question: What do you get when you cross a turkey with a centipede?

Answer: Drumsticks for everyone!!!

It's funny to imagine a turkey with a hundred legs but the truth is the turkey's legs are perfect for it just the way they are and the centipede's legs are perfect for it too!!! And guess what else... YOUR legs are perfect for YOU just the way they are!

Your legs are made up of only three bones, but when you include all the bones of the feet (26 per foot) you get 25% of all the bones in your body (206). Your legs are specifically designed to carry you around. That may not seem like a big deal right now but think of the biggest person you know. Human legs can carry hundreds of pounds of body weight alone. But they can withstand a lot more weight than that. For example, more than one weight lifter has managed to lift over 1,000 pounds! Even people who don't lift weights are able to bear much more weight than their own body weight. For example, when you run, your legs experience a load that is 3-4 times greater than your actual body weight!

Besides carrying you around, your legs can run, kick, bike, hop, swim, jump and so much more! It's interesting to know that the elephant is the only land mammal that cannot jump. That's because the elephant's body weight is simply too much for its legs to withstand. Why would an elephant even want to jump? Lucky for them they don't play basketball, jump rope or have trampolines in their backyards. Aren't you glad you're not an elephant?

As you may have noticed, legs can be really different from person to person. Some are muscular and others are slender. Some are long and some are shorter. As adults, it is typically our leg length that makes up the greatest difference in height from person to person, and that difference can be significant.



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The shortest adult ever recorded was just 21.5 inches tall while the tallest was over 10 feet! That's a big difference in height. The average adult is nowhere near that short or that tall but it's interesting to notice how different we all can be.

Our legs don't work all by themselves. In order for them to move they need to be connected to your brain by your nerve system. In fact, everything in your body is connected to your brain via your nerve system. That's how your body can be so smart and so strong because your brain is constantly communicating with all of its parts. The clearer that communication, the better your body works. Sometimes the bones of your spine can disrupt that communication. That's why you and your whole family should see a chiropractor.

Your chiropractor will check your spine to insure that there is no interference to the communication between your brain and your body so you can go about all the running, kicking, biking, hopping, swimming and of course jumping that you want! And that's something to be very thankful for!

- Judy Campanale, DC, ACP, FCSC (hon)

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