

The unexpected truth about the forefinger was longer than the big toe

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Feet are a part of reflecting a person's health status. For example, if a person's leg hair suddenly loses or the skin of the foot becomes thin and shiny, then the person is at risk of arterial disease .

The foot with the index finger is longer than the thumb called the " *Greek foot* ". From a medical perspective, people with such feet are at risk of developing joint inflammation in the toe of their big toe.

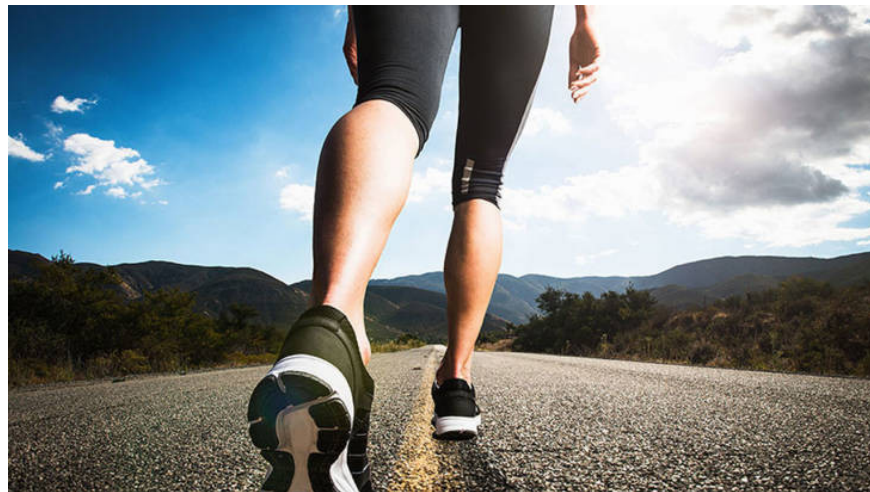


When the index finger is longer than the other fingers in the foot, when we stand or walk it will be under even more pressure. Then the remaining toes will tend to get closer to it as a way to share the burden. This causes the ligaments on the outside of the ankle to stretch and become vulnerable. Easily lead to inflammation, bruising, acute pain . when legs are tight.



In the X-around photo, when the index finger is longer, the big toe bone is also pressed and bent close to it. On the other hand, the index finger is longer than the thumbs, causing the nerve branches between the bones to be pinched, causing the toes to ache every time they wear the shoe, especially high-heeled shoes for a long time.

When walking or standing the muscles of other toes in the feet often tend to fall forward, the victim of "Greek feet" is more likely to suffer from knee, hip and lower back pain.



If you own "Greek feet" then pay attention to choosing the right shoes, sandals to help your feet comfortably and avoid the above harms.

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