



A Tale of Right Foot and Left Foot

During the daytime, the Right Foot and Left Foot lived completely separate lives, living in different socks and shoes, so any chance of fun together was indeed something to treasure.

They were very contented, as they had worked very hard all of that morning. They had walked up and down a hill for hours, carrying food to the kitchens and logs for the fire. They had carried water for the kitchens and washrooms and boxes to store things in. Oh yes, they had worked very hard indeed and deserved a break.

At the end of their busy day, Right Foot lay in the very middle of a cool stream. He was with his brother Left Foot. Left Foot was very ticklish and the cool water running over and between his toes made him squeal with delight and wriggle about so much that Right Foot had to sit on top of Left Foot to stop him becoming quite giddy. He was a troublesome Foot. However, Right Foot thought the cool water made him feel relaxed and comfortable.

They paddled together telling each other tales of what they had done and how things might have been different if they had been born as hands.

“They’re much more fun than feet” said Left Foot.

“Nonsense” said Right Foot. “We are much more important than hands.”

Left Foot fell silent, then he said “ But we can’t lift things or play a piano or paint or –Oh, we can’t do all manner of things”.

At first Right Foot agreed nodding his head “ But just think of what we can do” he said. “ We can stand and walk and run; we can kick and wiggle our toes and we can climb steps and hop and jump and all sorts of fun things”.

“Hands have to work all the time and be on show and be fussed over. Oh no, said Right Foot, I’m glad we are Feet”.

One day, poor old Left Foot was very sore. He had kicked a large rock and stubbed two of his toes. “Ouuccch” he shouted and started to limp badly because he was hurt. Of course Right Foot couldn’t hear him because he was in a different shoe. At the end of the day, Left Foot showed his injuries to Right Foot. “What you need is a Podiatrist”, he said, “to sort you out”.

When the Podiatrist saw Left Foot he said, “However have you done this?” looking at the bruised toes and blackened nails. I imagine you have been kicking things again haven’t you Left Foot. The Podiatrist cleaned all the cuts and made Left Foot comfortable. He didn’t limp any more.

Professor Pod says “You should always be careful when kicking hard things. You can damage the bones of your foot or the nails of your toes; sometimes this will cause your foot to change shape. If you are worried about your feet or need advice, see your Podiatrist”.

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**All information from The Society of Chiropractors and Podiatrists Website*