

16. Step by Step

Flatfeet



Scan to learn
the process!



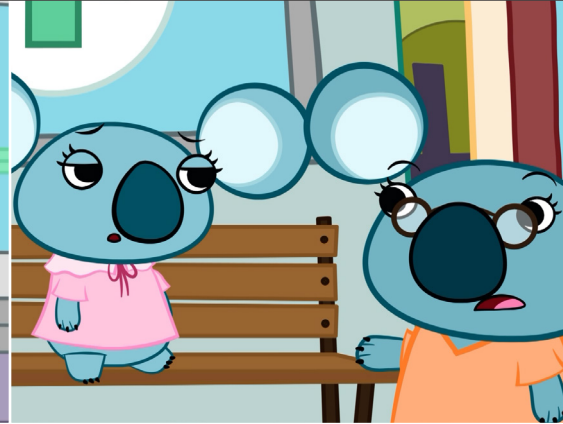
GLUE

Cut through the black line 



Nina and her mom are out running errands in Zoolandia.

They need to go to the grocery store, the pharmacy, the tailor...



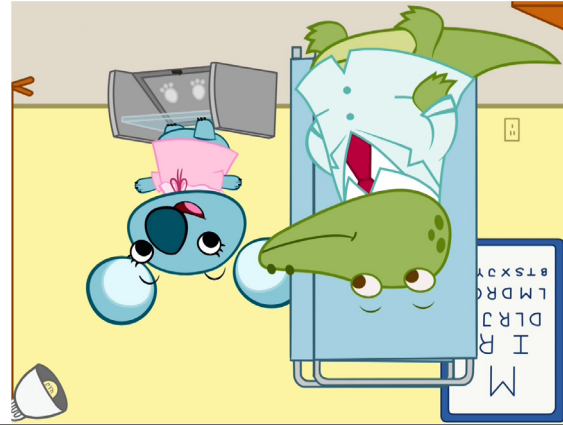
Nina is exhausted from walking so much. Her feet hurt a lot, so she sits on a bench to rest.



Her mom tells her that tomorrow they will visit Croco Doc to see why it's so hard for her to walk... but Nina is tired NOW! She decides that it would be much easier if she rides on the shopping cart.

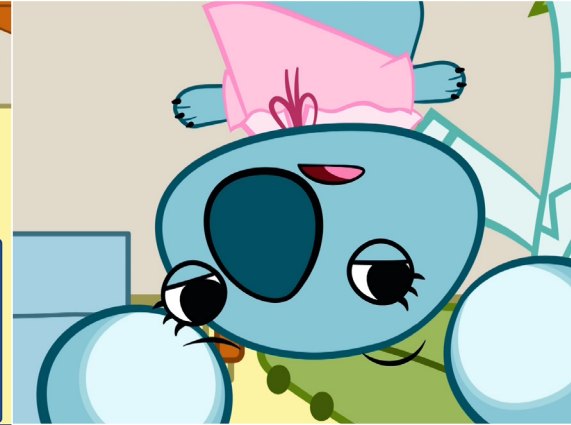
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He tells Nina to stand on top of a weird-looking machine called a podoscope.
A podoscope is used to see how the soles of the feet lay on the ground.



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At the hospital the next day, Croco Doc examines Nina's legs and back.
Why is he doing that? Her feet hurt, not her legs or back!



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the process!



GLUE

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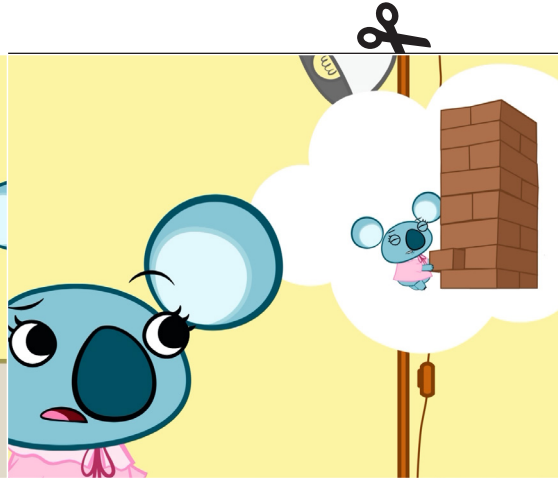


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Apparently, Nina has flat feet! This means that she uses the whole sole of her foot when she walks instead of just a part of it, like she should.



Flat feet can cause leg and back problems. Our feet are like the base of a building.

If we don't have a strong base, everything is effected.



Croco Doc gives Nina some special insoles for her to put in her shoes.



These insoles should help give her feet the right shape and improve her walking. She is so excited to try them on!

Nina is ready to go in under a minute! It looks like the insoles are working perfectly!

Croco Doc tells Nina's mom that walking on soft surfaces is helpful for people with flat feet, so they decide to go to the beach and walk in the sand.