The skeletal formation of the foot is completed by 20 years of age. In order to promote the appropriate skeletal formation, it is necessary to evaluate it by combining physical exercises and the development of the muscles. In this study, we measured the lower limb muscle strength of children and carried out the follow-up study on the developmental process of the foot and on the state of the foot and toenail. Subjects were 1518 children from 3 to 12 years old.

The results of this study revealed that the development of lower limb muscle strength proceeded from the hip joint to the peripheral and that hip adductor muscle increased greatly for children from 5 to 8 years old, and the peripheral muscle do the same from 7 to 10 years old. The observation of the foot revealed that the hallux valgus of girls from 10 years old, increased significantly.