

Supplement I



Figure 1 Elderly women with bounded feet mainly reside in rural and impoverished provinces of China.



Figure 2 A collaborative research project conducted by both clinical scientists and bioengineers from Hong Kong and physicians from Mainland China to investigate the social and physiological impacts of lifelong foot binding on female musculoskeletal health in Luliang County of Yunnan Province of Yunnan Province, China.



Figure 3 Due to significant physical distance between **Luliang County** and **Hong Kong**, only few bound feet women with mean QUS values representative of the bound feet group were invited to travel long distance to Hong Kong for assessment of bone microstructure, gait and balance using advanced biomedical technologies, i.e. the invited women with bound feet needed to take bus from **Luliang County** to travel around 200 kilometers to the capital city **Kunming** of Yunnan Province, China and then took flight to travel over 1200 kilometers to **Hong Kong**.