

Single Leg Balance

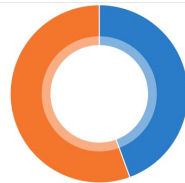
The examiner says: "I am now going to assess your postural control with one leg. Place your foot on the middle of the platform. Then, I want you to balance on your foot and to place your hands on your hips. Attention, your non-carrying leg must be slightly flexed at the hip and knee. Finally, I would like you to stay as steady/immobile as possible and stare at the point in front of you for the duration of the test. Ready, set, go."

Repetitions 1 Rep Duration 30s Preperation time 10s Eyes Open

Ellipse Area

Eyes Open

Left
520 mm²

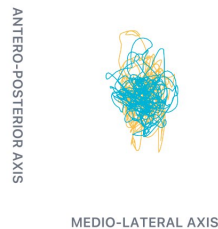


Right
415 mm²

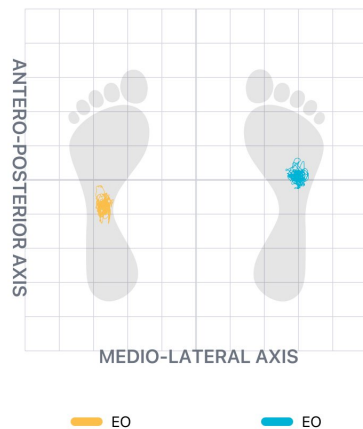
20.1% Asymmetry

Ellipse Area - Eyes Open

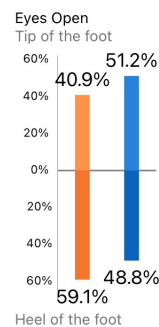
COP ☐ Ellipse ☒



COP Mapping



Weight Distribution



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