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Subj: Demo instructions: basic posturography with Center of Pressure (COP)

1. Can you balance a 12” ruler on it’s end? Why / why not?
   1. Which direction is **ruler** most likely to fall?
   2. There are forces you need to keep it upright.
   3. Which direction are **you** most likely to fall?
   4. How do we keep from falling? Which muscles?
2. Introduce COP and force plate
3. Can you stand as still as possible?
   1. Why are you always moving?
4. Competition: How wide can you move in every direction without falling and without picking up your feet?
   1. Put feet in the same place for everyone.
   2. Save data and transfer to Matlab for displaying.
   3. Measure outline of foot placement. Is it bigger or smaller?
5. What other factors influence your balance?
   1. Experiment: Standing for 20 seconds, EYES OPEN vs EYES CLOSED
   2. Experiment: Standing for 20 seconds, HEAD FORWARD vs HEAD UP, arms to side
   3. Experiment: Standing for 20 seconds, FEET TOGETHER, FEET APART