

Resource Summary Report

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Postural stability, body weight distribution, and foot typology of sportsmen

DOI:10.17504/protocols.io.qp8dvrw

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Proper Citation

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Protocol Information

URL: <https://dx.doi.org/10.17504/protocols.io.qp8dvrw>

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Summary: The protocol describes guidelines and steps for taking repeated measurements of sportive population: postural stability, body weight distribution during quiet stance, and the foot type diagnostic. The parameters calculated from repeated measurements can be used for separate analyses: analysis of center of pressure displacement, represented by total travelled way parameter; analysis of body weight distribution and loading of the lower limbs; and foot typology. The guidelines are mostly based on recommendations of the literature, partly on our own research experiences. It is important to remain consistent during all of the measurements and follow the guidelines as they control important aspects of the measurements. Any changes of any aspects can significantly alter the final results.

Associated Publications: Marenčáková J, Maly T, Sugimoto D, Gryc T, Zahálka F (2018) Foot typology, body weight distribution, and postural stability of adolescent elite soccer players: A 3-year longitudinal study. PLoS ONE 13(9): e0204578. doi: [10.1371/journal.pone.0204578](https://doi.org/10.1371/journal.pone.0204578)

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