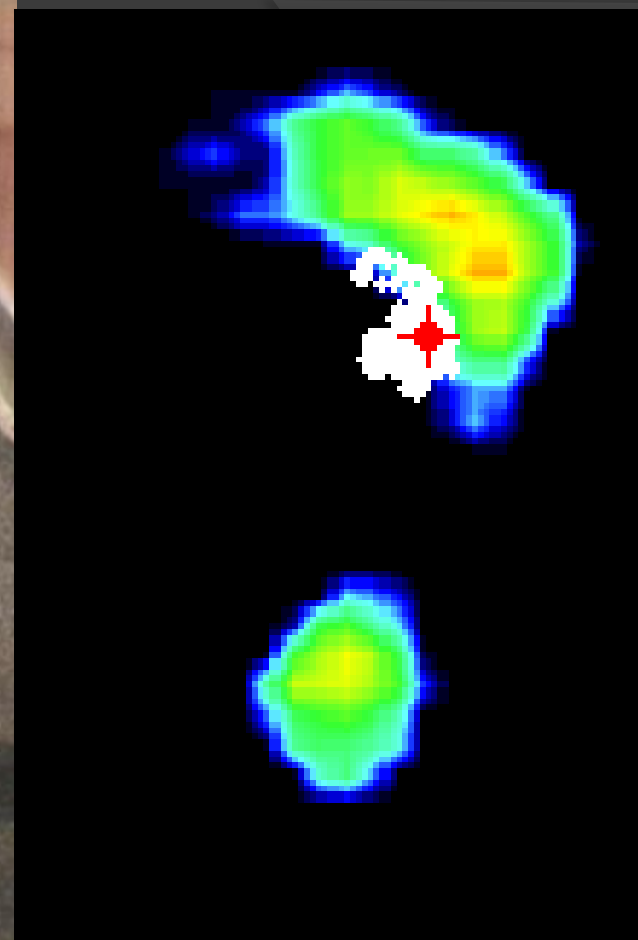


Flamingo test to measure the  
stability of the foot



**Flamingo test 60 seconds, barefoot**

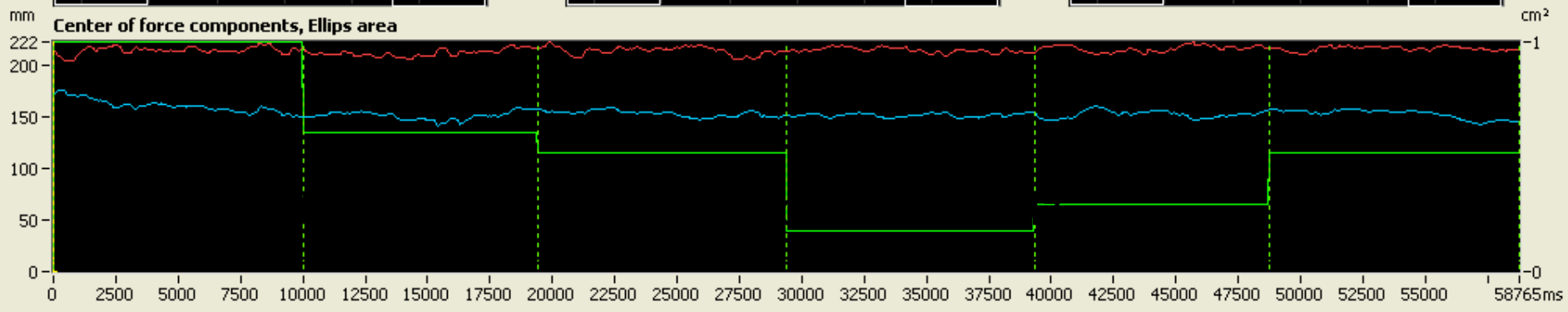
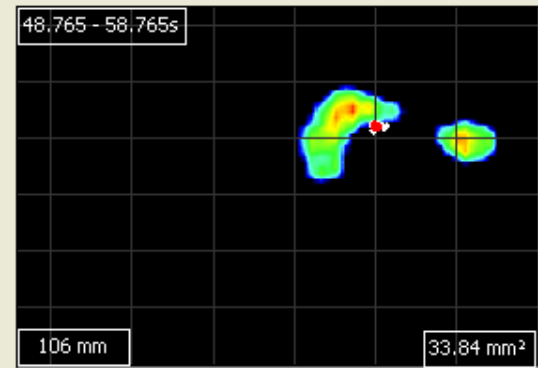
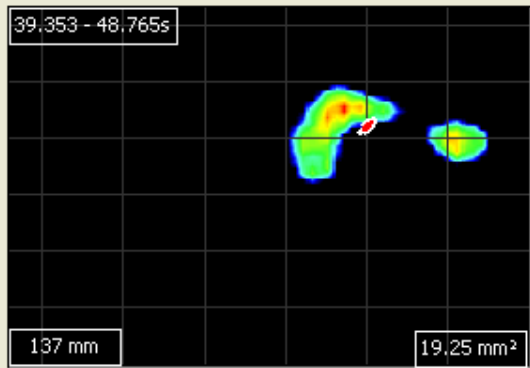
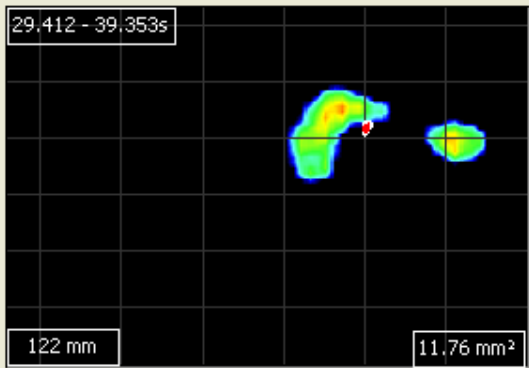
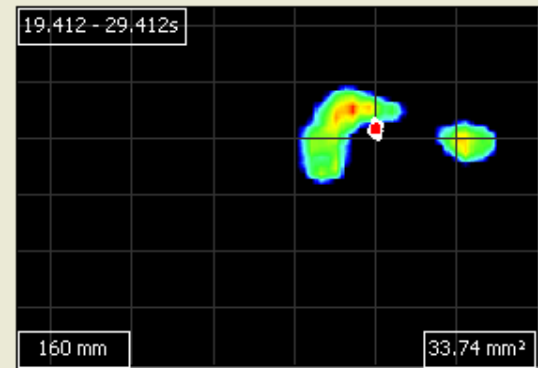
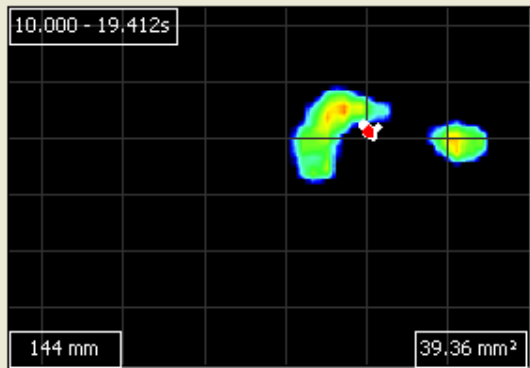
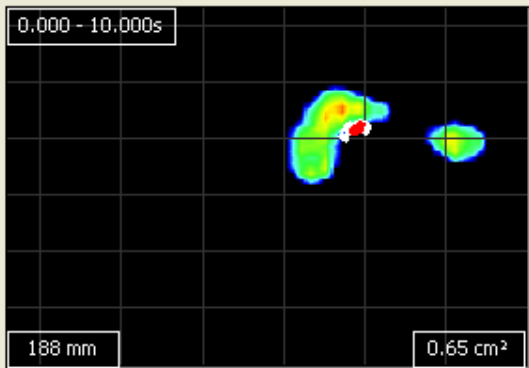
**0-10, 10-20, 20-30, 30-40, 40-50, 50-60**

**Barefoot right**

**Sway area =**

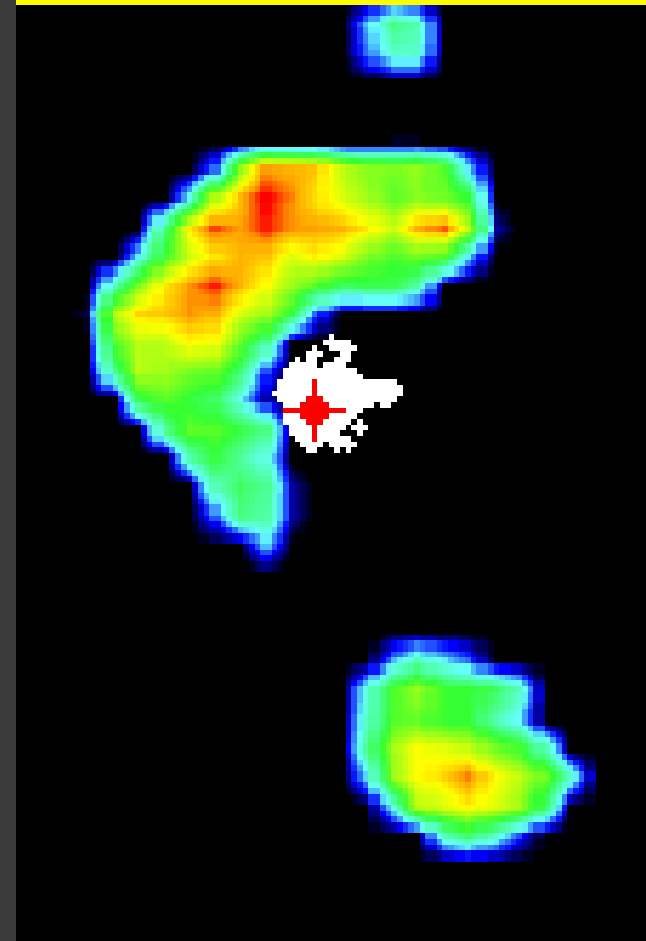
- The distance covered by COP
- The surface covered by COP

**Septor 2009**

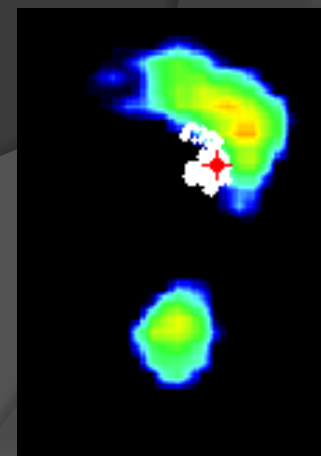




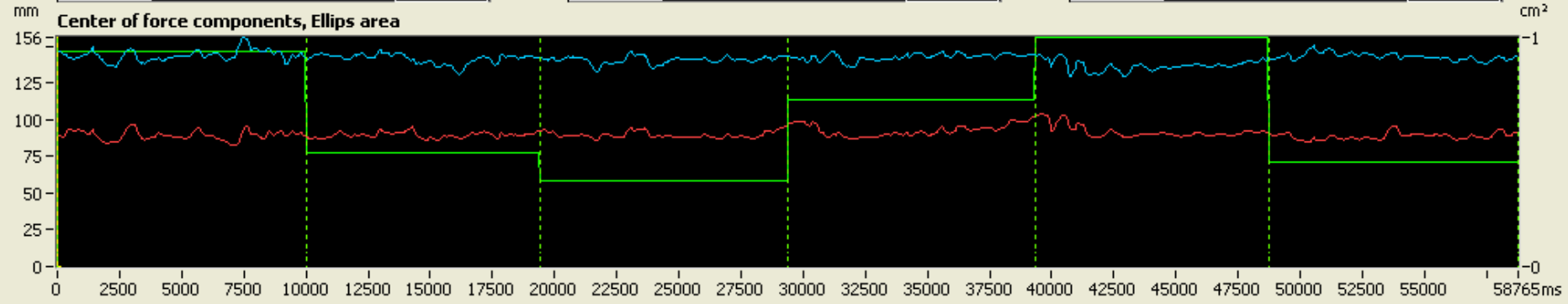
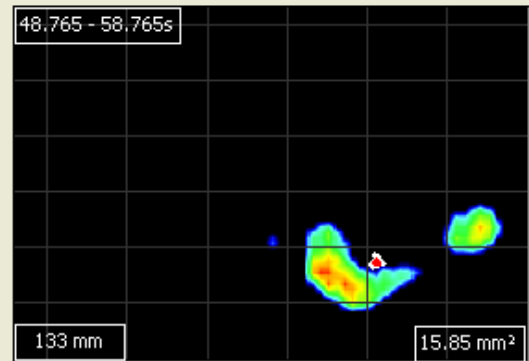
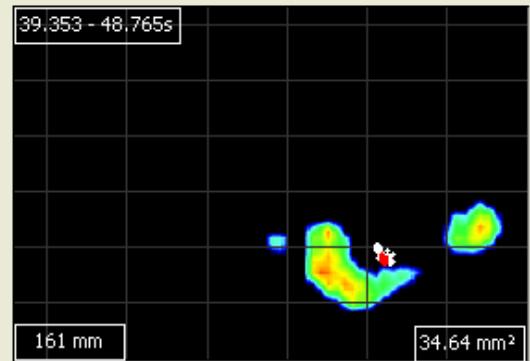
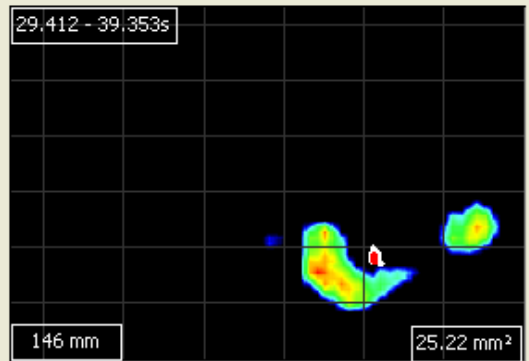
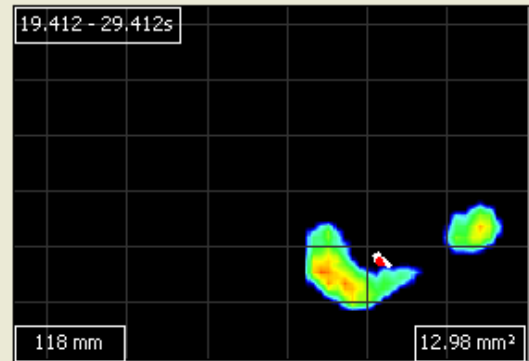
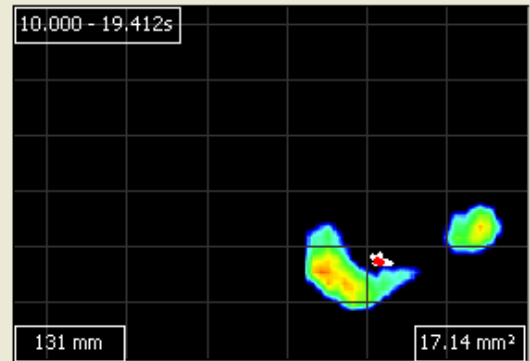
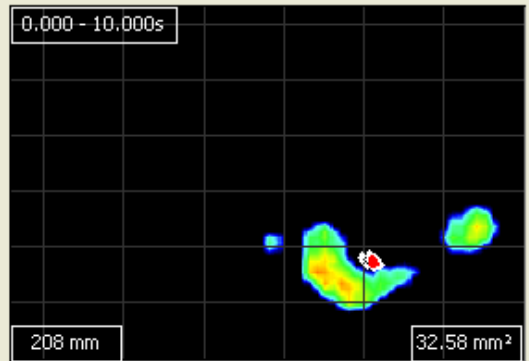
**Test Flamingo 60 seconds, barefoot**  
**0-10, 10-20, 20-30, 30-40, 40-50, 50-60**



Left Foot



Right Foot



# Test flamingo - Futbol



**Test before competitive season**

**New test after revalidation from foot, ankle or knee injury (when lower limb stability is influenced by the injury) :**

- \* The same result as before injury → Low risk for recurrent injury**
- \* Inferior result → High risk of recurrent injury**