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PR DA Pengukuran Khusus LGS dan Fleksibilitas Lower Extremity dan Vertebra

A. HIP JOINT

1. Fleksi Hip.

S = 90° - 0 - 110°



Active : 90°



Pasif : 110°

2. Ekstensi Hip.

S = 30° - 0 - 55°



Active : 30°



Pasif : 55°

3. Abduksi Hip.

F = 120° - 0 - 140°



Active : 120°

Pasif : 140°

**4. Adduksi Hip.**

**F = 80° - 0 - 120°**

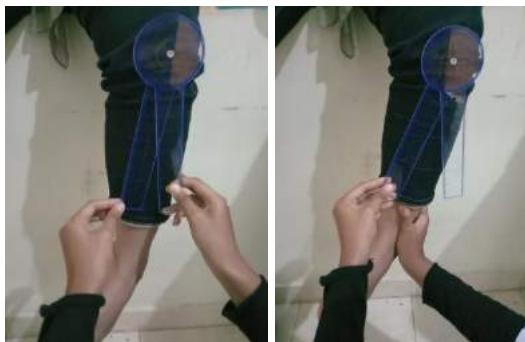


Active : 80°

Pasif : 120°

**5. Eksorotasi.**

**T = 20° - 0 - 30°**



Active : 20°

Pasif : 30°

**6. Endorotasi.**

**T = 30° - 0 - 60°**



Active : 30°

Pasif : 60°

**B. Knee.**

**1. Fleksi.**

$$S = 100^{\circ} - 0 - 130^{\circ}$$



Active :  $100^{\circ}$

Pasif :  $130^{\circ}$

**2. Ekstensi.**

$$S = 0 - 0 - 0$$



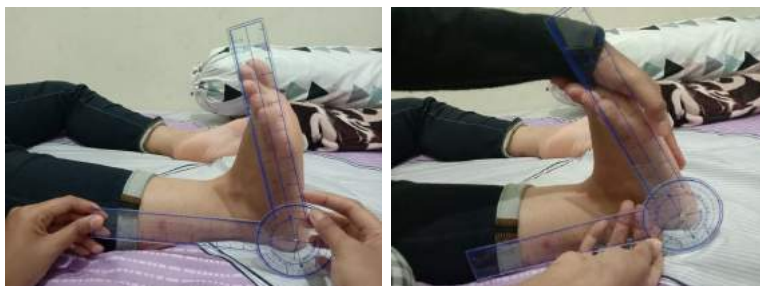
Active : 0

Pasif : 0

**C. Ankle.**

**1. DorsoFleksi.**

$$S = 85^{\circ} - 0 - 110^{\circ}$$



Active :  $85^{\circ}$

Pasif :  $110^{\circ}$

**2. PlantarFleksi.**

**S = 160° - 0 - 170°**



Active : 160°



Pasif : 170°

**3. Inversi**

**F = 70° - 0 - 90°**



Active : 70°



Pasif : 90°

**4. Eversi.**

**F = 60° - 0 - 75°**



Active = 60°



Pasif = 75°