

NAMA : NILAWATI AYU PRATIWI

NIM : 2010301059

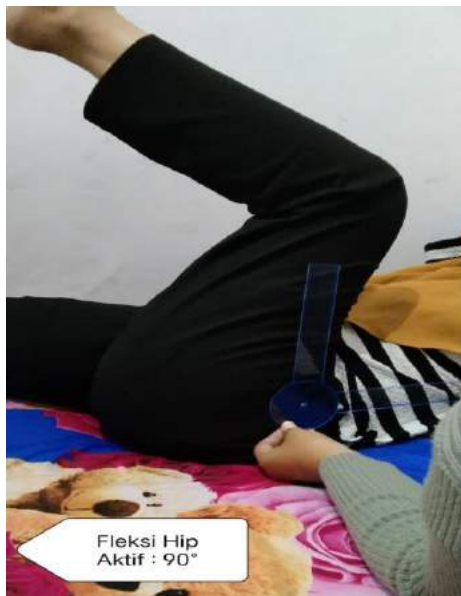
KELAS : 2A4

PR DA 9 pengukuran khusus LGS dan Fleksibilitas Lower Extremiti dan Vertebra

A. HIP JOINT

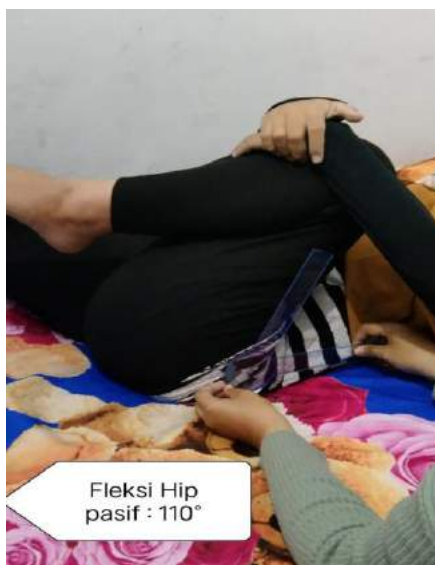
1. Active : Fleksi-Ekstensi

S = 90-0-30



2. Passive : Fleksi-Ekstensi

S = 110-0-50



3. Active : Abduksi-Adduksi
F = 90-0-45



4. Passive : Abduksi-Adduksi
F = 110-0-60



5. Active : Eksorotasi-Endorotasi
T = 20-0-45



6. Passive : Eksorotasi-Endorotasi
T = 40-0-60



B. KNEE

1. Aktive : Fleksi-Ekstensi
S = 0-0-70



2. Passive : Fleksi-Ekstensi
S = 0-0-140



C. Ankle

1. Active : DorsoFleksi-PlantarFleksi
S = 75-0-155



2. Passive : Dorsofleksi-Plantarfleksi
S = 110-0-180



3. Active : Inversi-Eversi
F = 30-0-40



4. Passive : Inversi-Eversi
F = 60-0-60

