

Pengukuran Khusus LGS dan Fleksibilitas Lower Extremity dan Vertebra

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Kelas : 2A/A5

A. HIP

1. Sagital

Active :

- Fleksi Hip : 90°
- Ekstensi Hip : 25°

S = 25-0-90



Pasive :

- Fleksi Hip : 110°
- Ekstensi Hip : 40°

S = 30-0-110

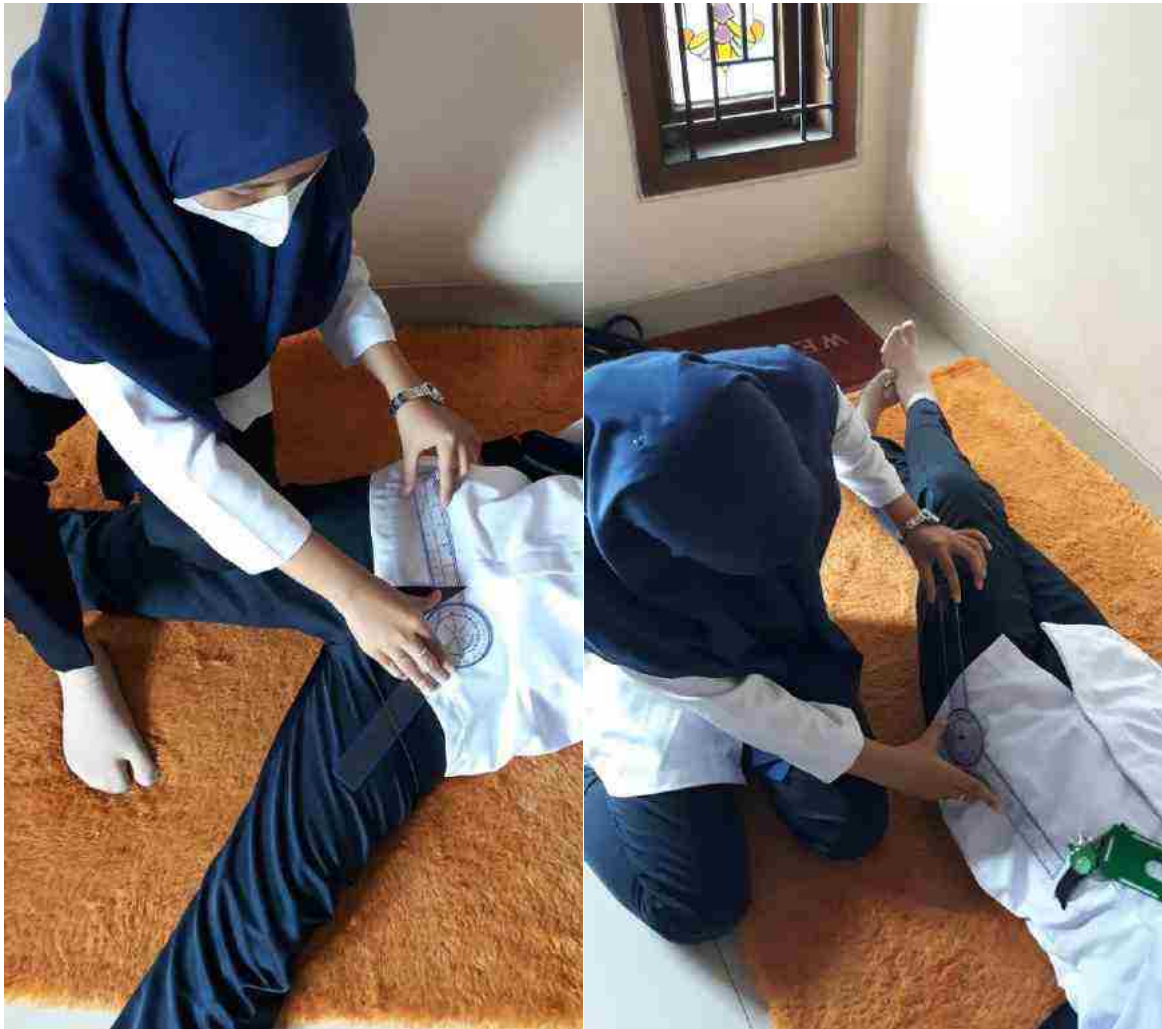


2. Frontal

Active :

- Abduksi : 130°
- Adduksi : 40°

F = 130-0-40



Passive :

- Abduksi : 150°
- Adduksi : 45°

F = 150-0-45



3. Transversal :

Active

- Internal rotasi : 30°
- Eksternal rotasi : 30°

T = 30-0-30



Pasive :

- Internal rotasi : 75°
- Eksternal rotasi : 60°

T = 60-0-75



B. KNEE

1. Sagital

Active :

- Fleksi : 55°
- Ekstensi : 0°

S = 0-0-55



Pasive :

- Fleksi : 130°
- Ekstensi : 0°

S = 0-0-130



C. ANKLE

1. Sagital :

Active

- Plantar : 160°
- Dorso : 90°

S = 160-0-90



Passive :

- Plantar : 165°
- Dorso : 100°

S : 165-0-100



2. Frontal

Active :

- Inversi : 55°
- Eversi : 45°

F = 45-0-55



Passive :

- Inversi : 65°
- Eversi : 70°

F = 70-0-65

