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Kelas : B1

Praktikum Dasar Asessment (Pengukuran khusus LGS dan fleksibilitas lower extremity dan vertebrae)

1. Fleksi hip



Nilai LGS :  $0^{\circ}$  -  $90^{\circ}$

2. Ekstensi hip



Nilai LGS :  $0^{\circ}$  -  $20^{\circ}$

S  $20^{\circ}$  -  $0^{\circ}$  -  $90^{\circ}$

3. Abuksi hip



Nilai LGS :  $0^{\circ}$ -  $45^{\circ}$

4. Adduksi hip



Nilai LGS :  $0^{\circ}$  -  $20^{\circ}$

F  $45^{\circ}$  -  $0^{\circ}$  -  $20^{\circ}$

5. Eksorotasi



Nilai LGS :  $0^{\circ} - 50^{\circ}$

6. Endorotasi



Nilai LGS :  $0^{\circ} - 45^{\circ}$

R  $50^{\circ} - 0^{\circ} - 45^{\circ}$

7. Fleksi knee



Nilai LGS :  $0^{\circ}$  -  $110^{\circ}$

8. Ekstensi knee



Nilai LGS :  $0^{\circ}$  -  $0^{\circ}$

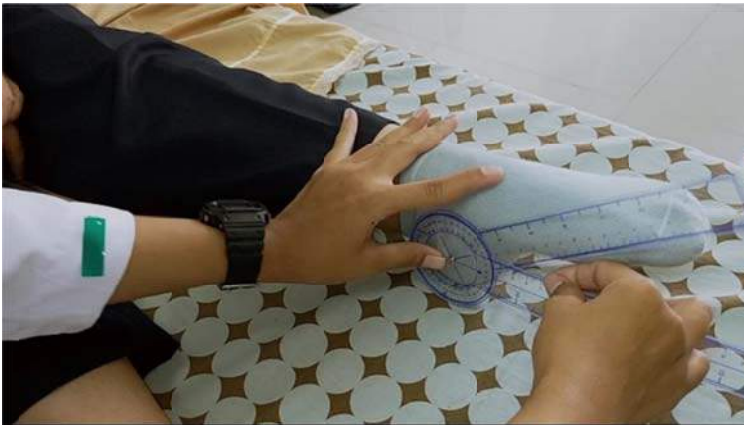
S  $0^{\circ}$  -  $0^{\circ}$  -  $110^{\circ}$

9. Dorsal



Nilai LGS :  $0^{\circ}$  -  $60^{\circ}$

10. Plantar



Nilai LGS :  $0^{\circ}$  -  $45^{\circ}$

S  $60^{\circ}$  -  $0^{\circ}$  -  $45^{\circ}$

## 11. Inversi



Nilai LGS :  $0^\circ - 65^\circ$

## 12. Eversi



Nilai LGS :  $0^\circ - 70^\circ$

R  $70^\circ - 0^\circ - 65^\circ$

