

TUGAS PRAKTIKUM
MODUL DASAR ASSESMENT FISIOTERAPI



Dosen Pengampu :

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Nama :

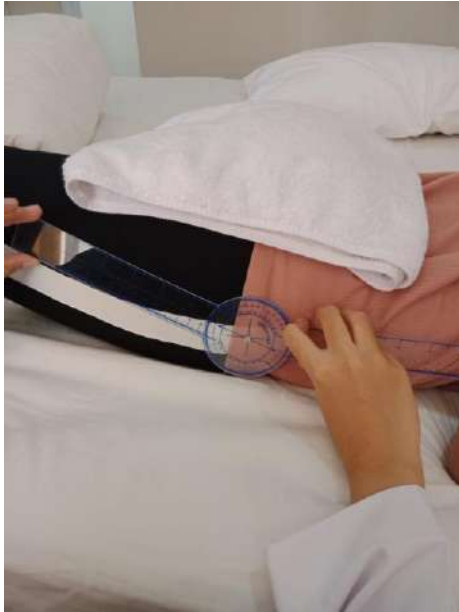
Phony Shofianti 2010301093

PROGRAM STUDI S1 FISIOTERAPI
FAKULTAS ILMU KESEHATAN
UNIVERSITAS 'AISYIYAH YOGYAKARTA
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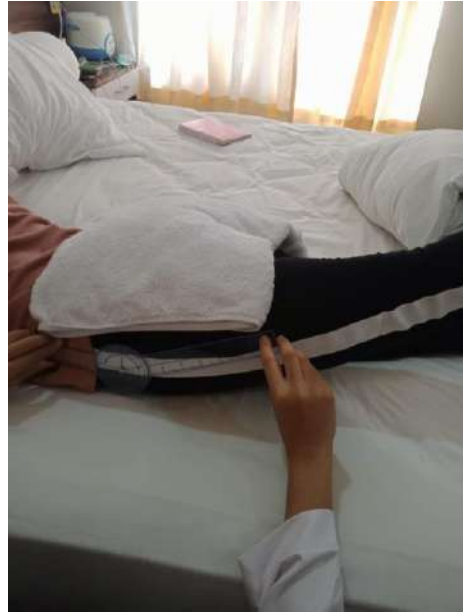
A. GERAKAN PADA HIP

EKSTENSI – FLEKSI HIP

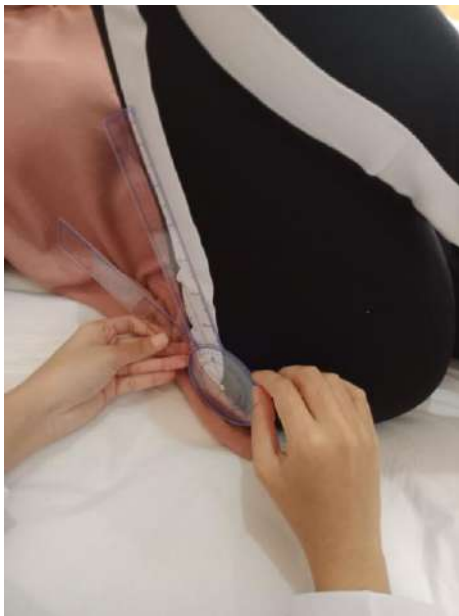
Ekstensi Hip (Dextra)



Ekstensi Hip (Sinistra)



Fleksi Hip (Dextra)



Hip : S 25° – 0° – 120°

Fleksi Hip (Sinistra)



Hip : S 20° – 0° – 120°

ABDUKSI – ADDUKSI HIP

Abduksi Hip (Dextra)



Abduksi Hip (Sinistra)



Adduksi Hip (Dextra)



Adduksi Hip (Sinistra)

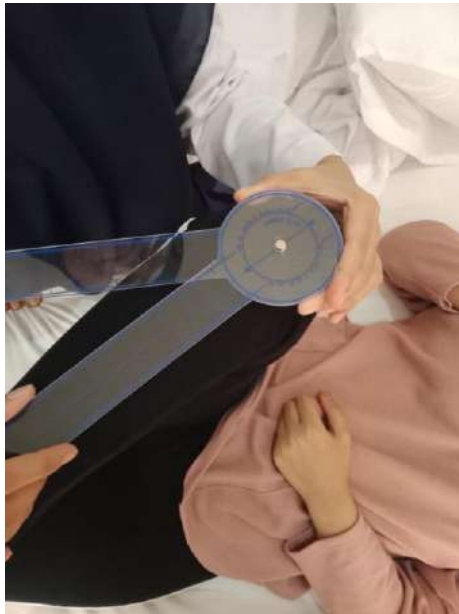


Hip : F $45^{\circ} - 0^{\circ} - 25^{\circ}$

Hip : F $45^{\circ} - 0^{\circ} - 25^{\circ}$

EKSTERNAL – INTERNAL ROTASI HIP

Eksternal Rotasi Hip (Dextra)



Eksternal Rotasi Hip (Sinistra)



Internal Rotasi Hip (Dextra)



Hip : R $35^{\circ} - 0^{\circ} - 30^{\circ}$

Internal Rotasi (Sinistra)

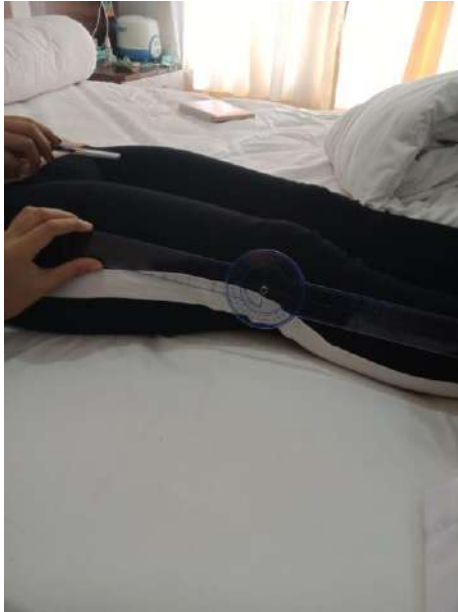


Hip : R $30^{\circ} - 0^{\circ} - 25^{\circ}$

B. GERAKAN PADA KNEE

EKSTENSI – FLEKSI KNEE

Ekstensi Knee (Dextra)



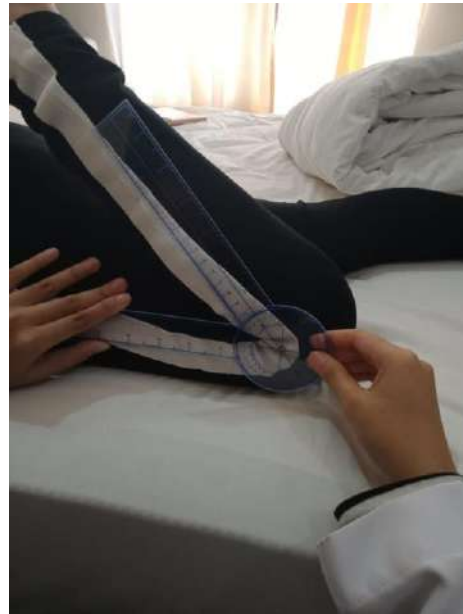
Ekstensi Knee (Sinistra)



Fleksi Knee (Dextra)



Fleksi Knee (Sinistra)



Knee : S 0° – 0° – 130°

Knee : S 0° – 0° – 130°

C. GERAKAN PADA ANKLE

DORSAL – PLANTAR FLEKSI ANKLE

Dorsal Fleksi Ankle (Dextra)



Dorsal Fleksi Ankle (Sinistra)



Plantar Fleksi Ankle (Dextra)



Plantar Fleksi (Sinistra)



Ankle : S 20° – 0° – 40°

Ankle : S 20° – 0° – 40°

EVERSI – INVERSI ANKLE

Eversi Ankle (Dextra)



Eversi Ankle (Sinistra)



Inversi Ankle (Dextra)



Ankle : R $20^{\circ} - 0^{\circ} - 20^{\circ}$

Inversi Ankle (Sinistra)



Ankle : R $20^{\circ} - 0^{\circ} - 20^{\circ}$