

**PRAKTIKUM DAF 9**  
**PENGUKURAN KHUSUS LGS LOWER EXTREMITY**



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## A. Hip

1. Bidang Sagital: S 0 – 0 – 120°

a. Fleksi (120°)



b. Ekstensi (0°)



2. Bidang Frontal: F  $45^{\circ} - 0 - 25^{\circ}$

a. Abduksi ( $45^{\circ}$ )

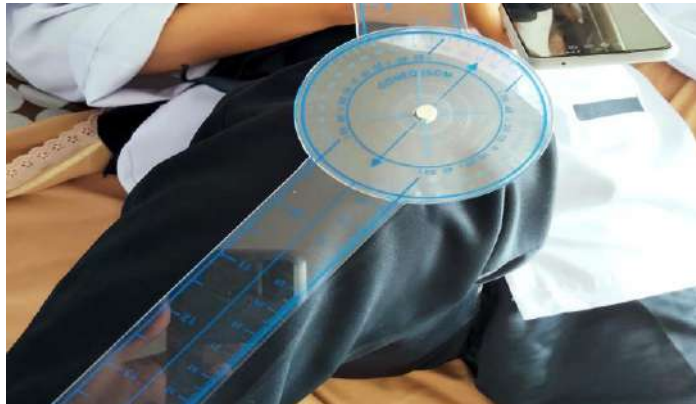


b. Adduksi ( $25^{\circ}$ )

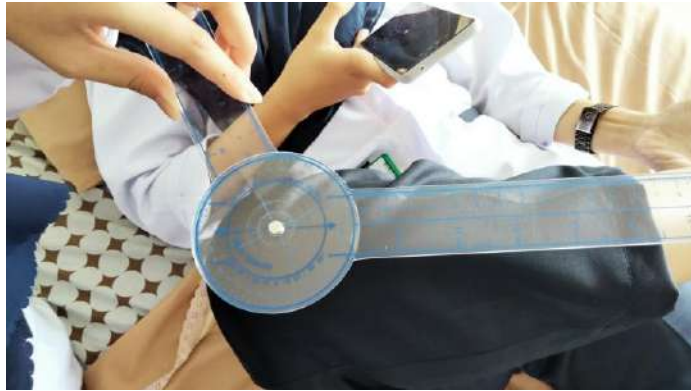


3. Bidang Transversal: R  $45^{\circ} - 0 - 40^{\circ}$

a. Endorotasi ( $40^{\circ}$ )



b. Eksorotasi ( $45^{\circ}$ )



## B. Knee

1. Bidang Sagital: S  $0^{\circ} - 0 - 125^{\circ}$

a. Fleksi ( $125^{\circ}$ )



b. Ekstensi ( $0^{\circ}$ )



### C. Ankle

1. Bidang Sagital: S  $15^{\circ} - 0 - 80^{\circ}$

a. Plantar Fleksi ( $80^{\circ}$ )



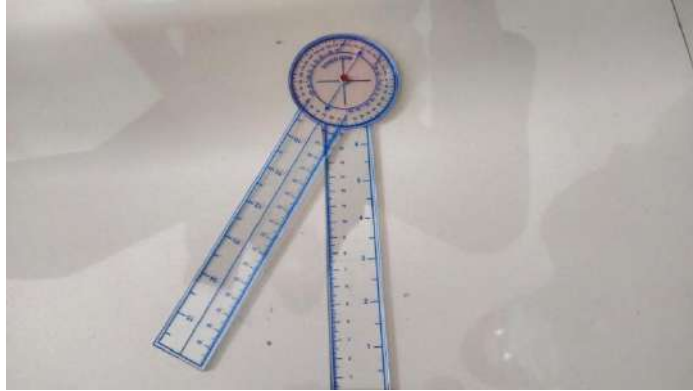
b. Dorsal Fleksi ( $15^{\circ}$ )



2. Bidang Transversal: R  $35^{\circ} - 0 - 30^{\circ}$

a. Inversi ( $30^{\circ}$ )





b. Eversi (35°)

