

# **PR DA 9**

**Pengukuran Khusus LGS dan Fleksibilitas Lower Extremity dan Vertebra**



## **Dibuat Oleh**

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## **Dosen Pembimbing**

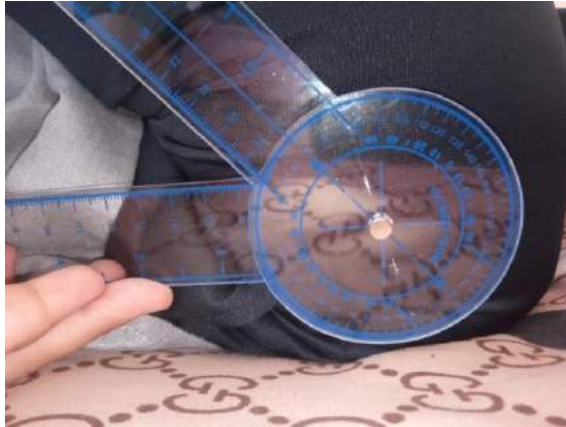
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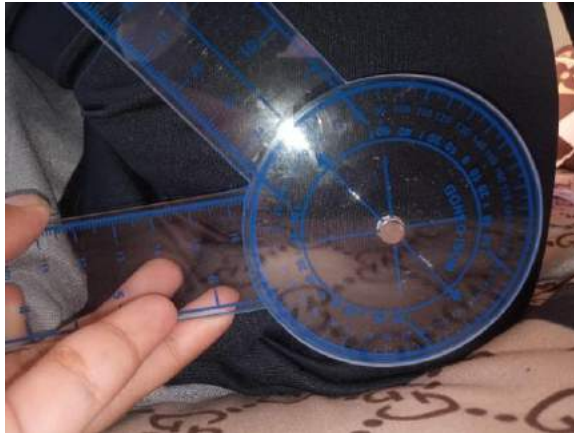
**TA 2020/2021**

## 1. Flexi Hip

- **Passive : 130°**



- **Active : 125°**



## 2. Ekstensi Hip

- **Active : 30°**

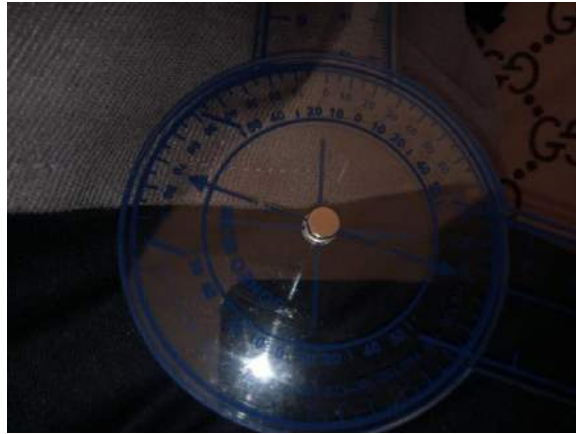


- **Passive : 40°**



### 3. Abduction Hip

- Active : 100°



- Passive : 120°



### 4. Adduction Hip

- Active : 70°

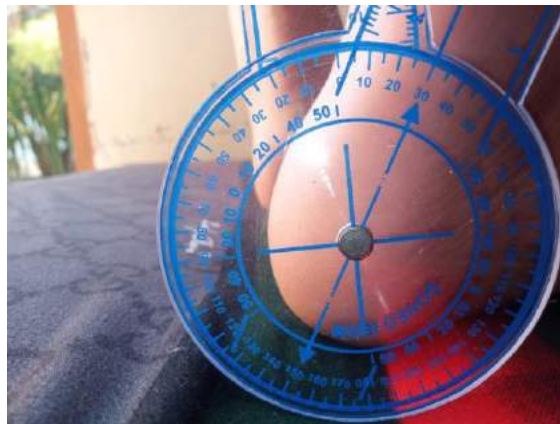


- **Passive : 80°**



## 5. Dorso Ankle

- **Active : 25°**

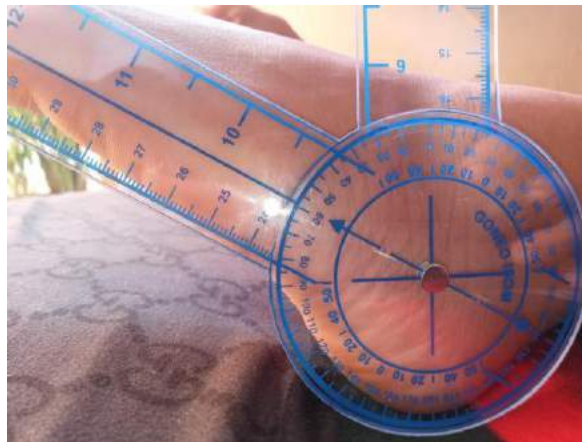


- **Passive : 30°**

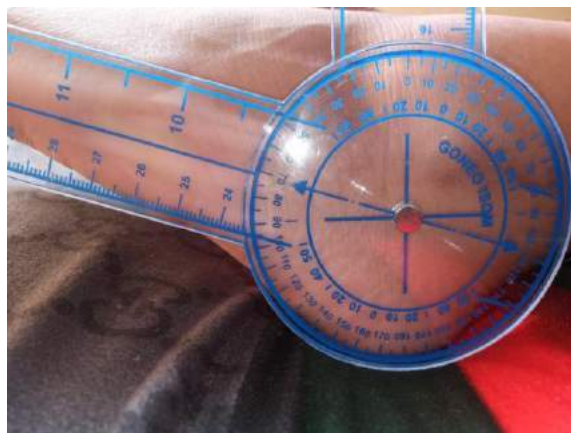


## 6. Plantar Ankle

- Active : 60°



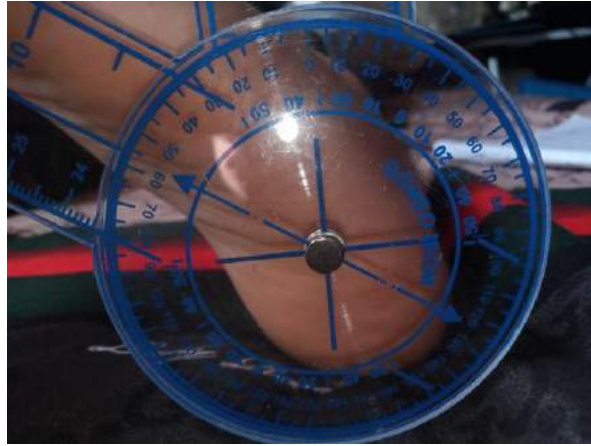
- Passive : 70°



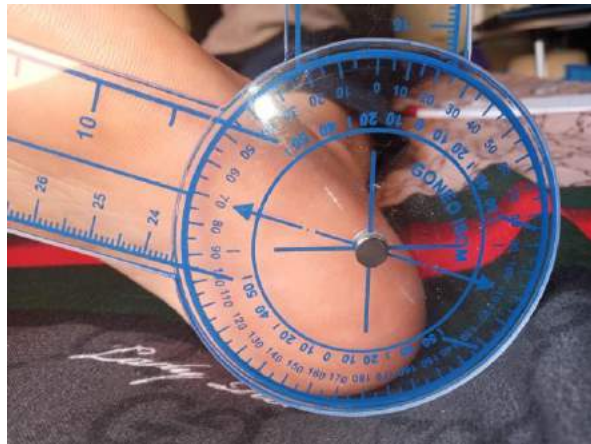
## 7. Inversi Ankle

- Active :60°





- **Passive : 70°**



## 8. Eversi Ankle

- **Active : 30°**



- **Passive : 35°**



## 9. Flexi Knee

- Active :130°



- Passive : 145°



**10. Ekstensi Knee : 0°**



**11. Internal Rotasi Hip**

- Active : 40°



- Passive : 43°





## 12. Eksternal Rotation Hip

- Active : 29°



- Passive : 35°

