

## **Praktikum Dasar Assesment**

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



Disusun oleh :

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**PROGRAM STUDI S1 FISIOTERAPI**

**FAKULTAS ILMU KESEHATAN**

**UNIVERSITAS 'AISYIAH YOGYAKARTA**

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# HIP

## 1. Fleksi Hip

(Active)



120°

(Passive)



130°

## 2. Ekstensi Hip

(Active)



25°

(Passive)



30°

## 3. Abduksi Hip

(Active)



45°

(Passive)



50°

4. Adduksi Hip  
(Active)



25°

(Passive)



30°

5. Eksorotasi Hip  
(Active)



45°

(Passive)



50°

6. Endorotasi Hip  
(Active)



30°

(Passive)



35°

## KNEE

### 1. Fleksi Knee

(Active)



120°

(Passive)



130°

### 2. Ekstensi Knee

(Active)



0°

(Passive)



0°

## ANKLE

### 1. Dorsal Fleksi

(Active)



20°

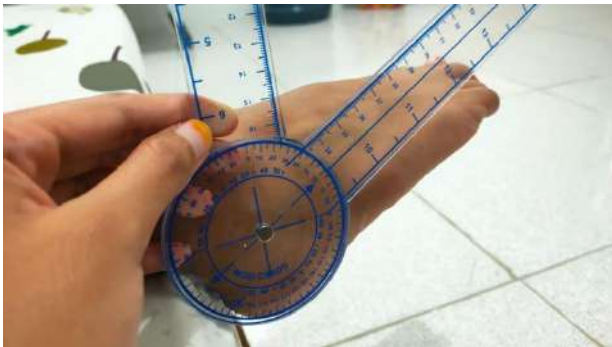
(Passive)



20°

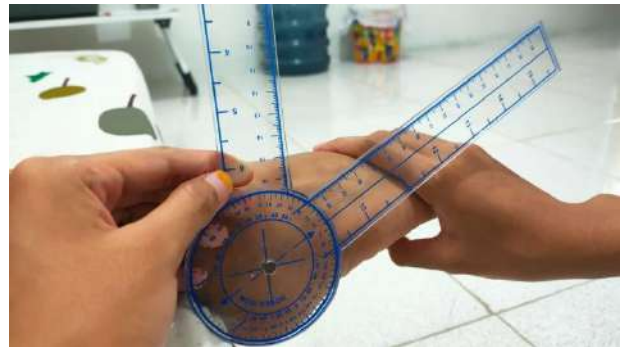
### 2. Plantar Fleksi

(Active)



60°

(Passive)



65°

### 3. Eversi

(Active)



30°

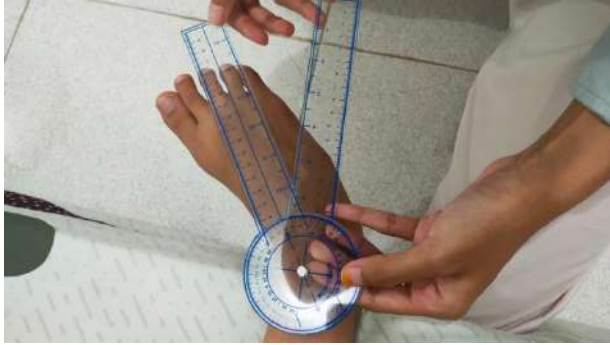
(Passive)



30°

#### 4. Inversi

(Active)



30°

(Passive)



47°