

## **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 'AISYIYAH YOGYAKARTA**

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# HIP

## 1. Fleksi Hip

(Active)  
115°



(Passive)  
125°



## 2. Ekstensi Hip

(Active)  
20°



(Passive)  
30°



## 3. Abduksi Hip

(Active)  
50°



(Passive)  
55°



#### 4. Adduksi Hip

(Active)  
20°



(Passive)  
25°

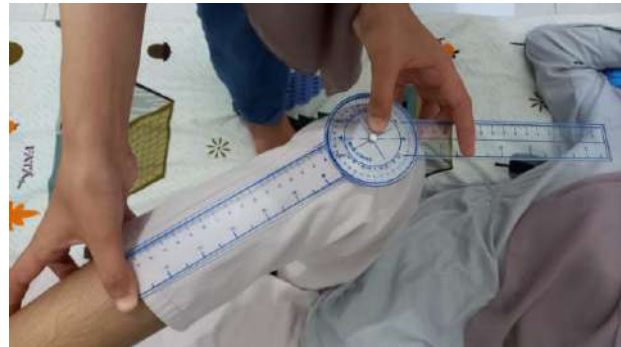


#### 5. Eksorotasi Hip

(Active)  
25°



(Passive)  
30°



#### 6. Endorotasi Hip

(Active)  
20°



(Passive)  
30°



## KNEE

### 1. Fleksi Knee

(Active)  
120°



(Passive)  
130°



### 2. Ekstensi Knee

(Active)  
0°



(Passive)  
0°

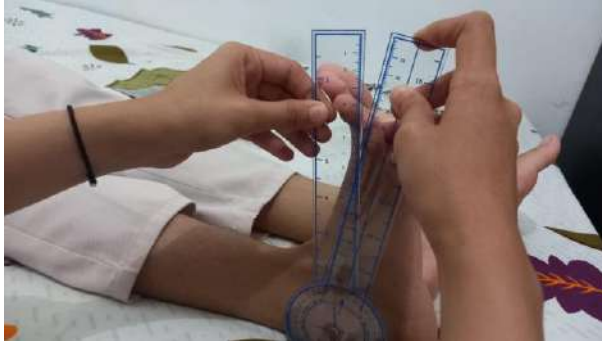




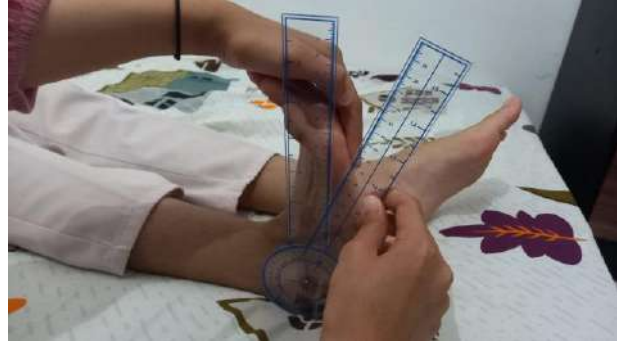
# ANKLE

## 1. Dorsal Fleksi

(Active)  
15°



(Passive)  
20°



## 2. Plantar Fleksi

(Active)  
50°



(Passive)  
60°



## 3. Inversi

(Active)  
30°



(Passive)  
40°



#### 4. Eversi

(Active)  
40°



(Passive)  
45°

