

## SUMMARY

# BEDA PENGARUH PENAMBAHAN LATIHAN SKIPPING PADA INTERVENSI ULTRASOUND & CALF RAISE TERHADAP STABILITY PADA KASUS SPRAINED ANKLE KRONIS

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**Keyword** : latihan skipping; intervensi ultrasound; latihan calf raise; stability ankle; sprain ankle

### Description :

Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh penambahan latihan skipping pada intervensi ultrasound & latihan calf raise dapat meningkatkan stability ankle pada kasus sprain ankle kronis.

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