

DAFTAR GAMBAR

| | |
|--|----|
| 2.1 Komponen dari keseimbangan | 17 |
| 2.2 Lintasan proprioceptive | 24 |
| 2.3 Center of gravity..... | 32 |
| 2.4 M.sternocleidomastoideus | 34 |
| 2.5 M.scaleus | 34 |
| 2.6 M. Semispinalis capitis dan cervicis | 35 |
| 2.7 M. obliquus | 36 |
| 2.8 M. Traversus abdominis | 37 |
| 2.9 M.Quadratus lumborum..... | 38 |
| 2.10 M. Lower extremity | 40 |
| 2.11 M.adductor longus, brevis, magnus | 41 |
| 2.12 Line of gravity | 42 |
| 2.13 Base of support | 43 |
| 2.14 Wooble Board | 44 |
| 2.15 Side to side | 46 |
| 2.16 Front to back | 47 |
| 2.17 Rotation | 48 |
| 2.18 One leg standing | 49 |
| 2.19 Plank position | 53 |
| 2.20 Oblique plank | 54 |
| 2.21 The hip bridge exercise | 55 |
| 2.22 Lying Spinal rotation | 57 |
| 2.23 Abdominal cycling | 58 |
| 2.24 Romberg Test | 63 |