

DAFTAR GAMBAR

Gambar 2.1 Ligament Longitudinal Posterior	15
Gambar 2.2 Lateral Facet	25
Gambar 2.3 SNAGS 3D Flexion	37
Gambar 2.4 Pengukuran ekstensi lumbal	41
Gambar 3.1 Latihan Core Stability I	53
Gambar 3.2 Latihan Core Stability II	53
Gambar 3.3 Latihan Core Stability III	54