

DAFTAR GAMBAR

Gambar 2.1 <i>Ankle sprain</i>	10
Gambar 2.2 Sendi-sendi pada <i>ankle</i>	11
Gambar 2.3 Ligamen pada <i>ankle</i>	17
Gambar 2.4 Mekanisme <i>Ankle sprain</i>	24
Gambar 2.13 <i>Tes The Balance Error Scoring System</i>	36
Gambar 3.1 <i>Plank Position</i>	49
Gambar 3.2 <i>Oblique Plank</i>	50
Gambar 3.3 <i>The Hip Bridge Exercise/Supine Bridge</i>	50
Gambar 3.4 <i>Abdominal Cycling</i>	51
Gambar 3.5 <i>Square Hop Exercise</i>	52
Gambar 3.6 <i>Side to Side</i>	53
Gambar 3.7 <i>Front Back</i>	54
Gambar 3.8 <i>One Leg Exercise</i>	55