

DAFTAR ISI

HALAMAN JUDUL

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DAFTAR SINGKATAN

ASIS	: <i>Anterior Superior Iliac Spine</i>
GM	: <i>Gluteus Maximus</i>
IAGT	: <i>Illinois Agility Test</i>
ICD	: <i>International Classification of Disease</i>
ITB	: <i>Iliotibial Band</i>
ITBS	: <i>Iliotibial Band Syndrome</i>
KNAU	: <i>The Royal Dutch Athletics Federation</i>
LFC	: <i>Lateral Femoral Condyle</i>
LFE	: <i>Lateral Femoral Epicondyle</i>
ROM	: <i>Range Of Motion</i>
RRI	: <i>Running Related Injury</i>
TFL	: <i>Tensor Fascia Lata</i>