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DAFTAR SINGKATAN

MRI	: <i>Magnetic Resonance Imaging</i>
SPSS	: <i>Statistical Product and Service Solution</i>
GTO	: <i>Golgi Tendon Organ</i>
FSL-FT	: <i>Forward Step Lunge-Front of the Toes</i>
FSL-BT	: <i>Forward Step Lunge-Behind the Toes</i>
SIAS	: <i>Spina Iliaca Anterior Superior</i>
VAS	: <i>Visual Analog Scale</i>
SSC	: <i>Stretch Shortening Cycle</i>
IMT	: <i>Indeks Masa Tubuh</i>
PRICE	: <i>Position Rest Ice Compression Elevation</i>
HOLD	: <i>Tahanan</i>