

## GAMBAR DAFTAR

<b>Gambar 2.1</b> Collum femur .....	23
<b>Gambar 2.2</b> Illiopsoas muscle .....	26
<b>Gambar 2.3</b> Muscle of hip and thigh .....	28
<b>Gambar 2.4</b> Anatomi Sendi Lutut .....	29
<b>Gambar 2.5</b> Ligament of knee joint .....	33
<b>Gambar 2.6</b> Meniscus of knee joint.....	34
<b>Gambar 2.7</b> Osteo of ankle joint .....	38
<b>Gambar 2.8</b> Extensor muscle of ankle joint.....	40
<b>Gambar 2.9</b> Sarkomer .....	43
<b>Gambar 2.10</b> Lompat tinggi .....	45
<b>Gambar 2.11</b> Latihan <i>Box Jump</i> .....	51
<b>Gambar 2.12</b> <i>System of Progressive Resistance</i> .....	54
<b>Gambar 2.13</b> Latihan <i>Theraband-Plantar Flexi ankle</i> .....	58
<b>Gambar 2.14</b> Latihan <i>Theraband-Dorsal Flexi</i> .....	59
<b>Gambar 2.15</b> Latihan <i>Theraband-Inversi Eversi Ankle</i> .....	59
<b>Gambar 2.16</b> Latihan <i>Wobble Board-Side to Side (Right)</i> .....	61
<b>Gambar 2.17</b> Latihan <i>Wobble Board-Side to Side (Left)</i> .....	62

**Gambar 2.18** Latihan *Wobble Board-Front Back* ..... 63

**Gambar 3.1** *Sargent Jump Test* ..... 78