

DAFTAR GAMBAR

Gambar 2.1	<i>Osteologi Knee</i>	25
Gambar 2.2	Struktur jaringan spesifik pada <i>knee</i>	27
Gambar 2.3	Otot-otot <i>knee</i>	32
Gambar 2.4	<i>Ankle and foot joint</i>	36
Gambar 2.5	Otot-otot <i>Ankle</i>	39
Gambar 2.6	Ligamen <i>ankle</i>	43
Gambar 2.7	Menendang Bola	55
Gambar 2.8	Menahan Bola	65
Gambar 2.9	<i>Shuttle Run</i>	85
Gambar 2.10	Fungsi hubungan atau ikatan otot-otot global	91
Gambar 2.11	Ikatan <i>Deep Core Muscles</i>	92
Gambar 2.12	Otot-otot Abdomen	100
Gambar 2.13	Otot <i>Obliquus externus abdominis</i>	101
Gambar 2.14	Otot <i>Obliquus internus abdominis</i>	101
Gambar 2.15	Otot <i>Transversus Abdominis</i>	102
Gambar 2.16	Otot <i>Rectus Abdominis</i>	102
Gambar 2.17	Otot <i>Diaphragma</i>	103
Gambar 2.18	Otot <i>Intercostalis</i>	104
Gambar 2.19	Otot <i>Quadratus Lumborum</i>	104
Gambar 2.20	Otot <i>Psoas Mayor</i>	105

Gambar 2.21	Otot-otot Punggung	106
Gambar 2.22	Otot Erector Spine	106
Gambar 2.23	Otot Multifidus	107
Gambar 2.24	Otot Latisimus Dorsi	108
Gambar 2.25	Otot Seratus Posterior	109
Gambar 2.26	<i>Intra Abdominal Pressure (IAP)</i>	112
Gambar 2.27	Aktivasi Core Stability	117
Gambar 2.28	Latihan <i>Plank Position</i>	125
Gambar 2.29	Latihan <i>Oblique Plank</i>	126
Gambar 2.30	Latihan <i>The Hip Bridge Exercise/Supine Bridge</i>	127
Gambar 2.31	Latihan <i>Lying spinal Rotation</i>	128
Gambar 2.32	Latihan <i>Abdominal Cycling</i>	129
Gambar 3.1	Prosedur pengukuran tingkat <i>agility</i>	150