

DAFTAR GAMBAR

1.Gb. 2.1 Skala <i>Numeric Rating Scale</i>	18
2.Gb. 2.2 Virasana	56
3. Gb.2.3 Mudhasana.....	57
4.Gb.2.4 Supta baddha konasana.....	57
\$.Gb. 2.5 Baddha konasana.....	58
6.Gb. 2.6 janusirsasana.....	58
7. Gb. 2.7 Paschimottanasana.....	59
8.Gb.2.8 Upavista.....	59
9.Gb. 2.9 Bhujangasana.....	60
10. Gb.2.10 Marichyasana.....	60
11.Gb.2.11 Viparita karani.....	61
12.Gb.2.12 Savasana.....	61
13. Gb.4.1 Desain penelitian	69