

DAFTAR GAMBAR

Gambar	Halaman
Gambar 2.1 area <i>shin splint</i>	12
Gambar 2.2 anatomi tibia fibula	16
Gambar 2.3 anatomi otot lower leg.....	23
Gambar 2.4 ultrasound.....	44
Gambar 2.5 <i>ankle stretching</i>	49
Gambar 2.6 <i>ankle theraband</i>	55