

DAFTAR GAMBAR

Gambar 2.1 : Serabut Otot	14
Gambar 2.2 : Structure of the tendon connective tissue	16
Gambar 2.3 : struktur ligament	16
Gambar 2.4 : Otot Hamstring.....	23
Gambar 2.5 : Saraf Sciatica	39
Gambar 2.6 : Nordic Hamstring Exercise.....	43
Gambar 2.7 : Muscle Spindle.....	50
Gambar 2.8 : Golgi Tendon Organ	55
Gambar 2.9 : Contract Relax Stretching	67
Gambar 2.10 : Neurodynamic Stretching	74
Gambar 3.1 : Contract Relax Stretching	92
Gambar 3.2 : : Neurodynamic Stretching	93
Gambar 3.3 : Nordic Hamstring Exercise.....	95
Gambar 3.4 : Straight Leg Raise Test.....	97