

DAFTAR GAMBAR

Gambar 2.1 Center of Gravity in Sitting Position.....	25
Gambar 2.2 Line of Gravity & Base of Support in Sitting Position	26
Gambar 2.3 Stability limit in Sitting Position.....	26
Gambar 2.4 Lobus dari cerebrum.....	35
Gambar 2.5 Cerebellum	36
Gambar 2.6 Brainstem	37
Gambar 2.7 Multifidus Muscle	42
Gambar 2.8 Abdominal muscles	44
Gambar 2.9 Quadratus Lumborum	45
Gambar 2.10 Erector Spine	45
Gambar 2.11 Iliopsoas	46
Gambar 2.12 Core Muscle	50
Gambar 2.13 Otot Leher	54
Gambar 3.1 Core Stability Exercise - Pelvic Tilting	67
Gambar 3.2 Core Stability Exercise - Wig-Wag.....	68
Gambar 3.3 Core Stability Exercise - Dead Bug	69
Gambar 3.4 Core stability Exercise - Fasilitas Duduk.....	71
Gambar 3.5 Neck Stability Exercise - Flexi-Extensi Isometric	75
Gambar 3.6 Neck Stability Exercise - Slide Flexi Isometric	76
Gambar 3.7 Neck Stability Exercise - Rotasi Isometric	77