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BAB II TINJAUAN PUSTAKA 2.1 Contract Relax Stretching Panggul Dan Membantu Gerakan Eksternal Dan Internal Rotasi Panggul. Kelompok Otot Hamstring Terdiri Dari Beberapa Otot Yaitu : Biceps Femoris, Semitendinosus Dan Semimembranosus (Irfan, 2008). Gambar 2.2 Otot Hamstring (Sumber : Koulouris Dan Connell, 2005) A. M. Biceps Femoris M. Biceps Femoris Mempunyai 9th, 2024

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