

## DAFTAR PUSTAKA

- Agus, A. (2012). *Olahraga Kebugaran Jasmani Sebagai Siatu Pengantar*.
- Anggiat, L. (2021). Early Stage Rehabilitation for Strain Hamstring: a Case Report. *INSPIREE: Indonesian Sport Innovation Review*, 2(2), 138-145.
- Arisandi, M., Wibowo, M., & ST, S. (2018). *PERBEDAAN PENGARUH PEMBERIAN SQUAT EXERCISE DENGAN NORDIC HAMSTRING EXERCISE TERHADAP PENINGKATAN AKTIVITAS FUNGSIONAL PADA STRAIN HAMSTRING* (Doctoral dissertation, Universitas' Aisyiyah Yogyakarta).
- Artanayasa, I. W., & Putra, A. (2014). Cedera Pada Pemain Sepakbola. In *Prosiding Seminar Nasional MIPA*.
- Binkley, J. M., Stratford, P. W., Lott, S. A., Riddle, D. L., & North American Orthopaedic Rehabilitation Research Network. (1999). The Lower Extremity Functional Scale (LEFS): scale development, measurement properties, and clinical application. *Physical therapy*, 79(4), 371-383.
- Bisa, M., Anggiat, L., Rahmansyah, B., Manik, J. W. H., Budhyanti, W., & Lisnaini, L. (2021). Panduan Status Klinis Fisioterapi Dokumentasi Proses Fisioterapi.
- Ciesla, N., Dinglas, V., Fan, E., Kho, M., Kuramoto, J., & Needham, D. (2011). Manual muscle testing: a method of measuring extremity muscle strength applied to critically ill patients. *JoVE (Journal of Visualized Experiments)*, (50), e2632.
- Danielsson, A., Horvath, A., Senorski, C., Alentorn-Geli, E., Garrett, W. E., Cugat, R., ... & Hamrin Senorski, E. (2020). The mechanism of hamstring injuries—a systematic review. *BMC musculoskeletal disorders*, 21, 1-21.
- Fahrizqi, E. B., Aguss, R. M., & Yuliandra, R. (2021). Pelatihan Penanganan Cidera Olahraga Di Sma Negeri 1 Pringsewu. *Journal of Social Sciences and Technology for Community Service (JSSTCS)*, 2(1), 11-14.

- Festiawan, R. (2021). Terapi dan Rehabilitasi Cedera Olahraga. *Preprint*.
- Freckleton, G., & Pizzari, T. (2013). Risk factors for hamstring muscle strain injury in sport: a systematic review and meta-analysis. *British journal of sports medicine*, 47(6), 351-358.
- Gago, I. K. S., Lesmana, S. I., & Muliarta, I. M. (2014). Peningkatan Fleksibilitas Otot Hamstring Pada Pemberian Myofascial Release Dan Latihan Auto Stretching Sama Dengan Latihan Stretching Konvensional. *Majalah Ilmiah Fisioterapi Indonesia*, 2(1), 1-11.
- Hardy, M. (2019). *Everyday Sports Injuries: The Essential Step-by-Step Guide to Prevention, Diagnosis, and Treatment*. Dorling Kindersley.
- Permenkes. (2015). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 65 Tahun 2015 tentang Standar pelayanan fisioterapi*.
- Khan, S. H., Ilyas, M. B., Ali, J., Mehmood, Z., Kanwal, R., Sajjad, A., ... & Lijuan, A. (2023). Static versus dynamic stretching; short term effects on physical performance in non-athletes-a randomized clinical trial. *The Rehabilitation Journal*, 7(03), 03-11.
- Ashari, M. K. T., Ariyanto, A., & Riyanto, A. Efektivitas Self-Myofascial Release dan Ice Massage Terhadap Penurunan Nyeri Delayed Onset Muscle Soreness (DOMS) Pada Otot Hamstring Pemain Futsal.
- Lategan, L., & Gouveia, C. P. (2018). Prevention of hamstring injuries in sport: a systematic review. *South African Journal for Research in Sport, Physical Education and Recreation*, 40(1), 55-69.
- Lempainen, L., Banke, I. J., Johansson, K., Brucker, P. U., Sarimo, J., Orava, S., & Imhoff, A. B. (2015). Clinical principles in the management of hamstring injuries. *Knee Surgery, Sports Traumatology, Arthroscopy*, 23, 2449-2456.
- Marquez-Chin, C., & Popovic, M. R. (2020). Functional electrical stimulation therapy for restoration of motor function after spinal cord injury and stroke: a review. *Biomedical engineering online*, 19(1), 1-25.
- PUTRA, E. P., & SUBAGIO, I. (2019). Analisis Cedera Atlet Taekwondo Puslatda Jawa Timur. *Jurnal Prestasi Olahraga*, 2(3).

- Roberts, A. M. (2010). *The complete human body*. Dorling Kindersley Ltd.
- Sary, M. N. "SKELETAL MUSCLE: STRUCTURE AND FUNCTION"(OTOT RANGKA: STRUKTUR DAN FUNGSI).
- Sato, K., Nimura, A., Yamaguchi, K., & Akita, K. (2012). Anatomical study of the proximal origin of hamstring muscles. *Journal of Orthopaedic Science, 17*, 614-618.
- Setiawan, A. (2011). Faktor timbulnya cedera olahraga. *Media Ilmu Keolahragaan Indonesia, 1*(1).
- Sherry, M. A., Best, T. M., Silder, A., Thelen, D. G., & Heiderscheit, B. C. (2011). Hamstring strains: basic science and clinical research applications for preventing the recurrent injury. *Strength & Conditioning Journal, 33*(3), 56-71.
- Stępień, K., Śmigielski, R., Mouton, C., Ciszek, B., Engelhardt, M., & Seil, R. (2019). Anatomy of proximal attachment, course, and innervation of hamstring muscles: a pictorial essay. *Knee Surgery, Sports Traumatology, Arthroscopy, 27*, 673-684.
- swandari Atik, A., Trisnawati, Y., & Efendi, R. S. (2022). PENATALAKSANAAN ULTRASOUND DAN TERAPI LATIHAN PADA KASUS OSTEOARTHRITIS KNEE BILATERAL: STUDI KASUS. *PREPOTIF: JURNAL KESEHATAN MASYARAKAT, 6*(2), 1950-1955.
- Taylor, N. F., Dodd, K. J., Shields, N., & Bruder, A. (2007). Therapeutic exercise in physiotherapy practice is beneficial: a summary of systematic reviews 2002–2005. *Australian Journal of Physiotherapy, 53*(1), 7-16.
- Watson, T. (2010). Key concepts with electrophysical agents. *Physical Therapy Reviews, 15*(4), 351-359.
- Wing, C., & Bishop, C. (2020). Hamstring strain injuries: incidence, mechanisms, risk factors, and training recommendations. *Strength & Conditioning Journal, 42*(3), 40-57.

- Wismanto, W. (2011). Pelatihan Metode Active Isolated Stretching Lebih Efektif Daripada Contract Relax Stretching dalam Meningkatkan Fleksibilitas Otot Hamstring. *Jurnal Fisioterapi*, 11(1).
- Wright, A. R., Richardson, A. B., Kikuchi, C. K., Goldberg, D. B., Marumoto, J. M., & Kan, D. M. (2019). Effectiveness of accelerated recovery performance for post-ACL reconstruction rehabilitation. *Hawai'i Journal of Health & Social Welfare*, 78(11 Suppl 2), 41.