

DAFTAR PUSTAKA

Anap Deepak B, Subhash Khatri, Zambre B.R. 2014. Effectiveness Of Sustained Natural Apophyseal Glides and Maitland Mobilization in Facet Joint Syndrome: A Single Blind Randomized Control Pilot Study . International Journal of Health Sciences and Research, Vol: 4, Issue: 10

Annika Griefahn, Jan Oehlman, Christoff Zalpour, Harry von Piekartz. 2016. *Do exercise with the Foam Roller have a short-term impact on the thoracolumbar fascia. A randomized controlled trial*

Bautmans Ivan, Judith Van Arken, Mike Van Mackelenberg, and Tony Mets. 2010. Rehabilitation Using Manual Mobilization For Thoracic Kyphosis in Elderly Postmenopausal Patients With Osteoporosis. Journal Rehabilitation Medic, Vol. 42: 129-135

Briggs Andrew, Jaap H, Tim Wrigley, Alison Greig, Bev Phillips, Sing Kai Lo, Kim Bennel. 2007. Thoracic Kyphosis Affect Spinal Loads and Trunk Muscle Force. Physical Therapy Journal, Vol. 87, No. 5

Brian R Muligan, edition 6, 2010

Bruno Alexander, Dennis Anderson, John Agostino, Mary Bouxsein. 2012. The Effect of Thoracic Kyphosis and Sagittal Plane Alignment on Vertebral Compressive Loading. J Bone Miner Res. 27(10); 2144-2151

Cael, Christy. 2010. Functional Anatomy. Lippincott Williams & Wilkins: Philadelphia

Chaitow, Leon. 2006. Muscle Energy Techniques Second Edition. Churchill Livingstone: Philadelphia

El-Sodany, Ahmed Mohamed, Mohamed Salaheldien Mohamed Alayat, Ayman Mohamed Ismail Zafer. 2014. Sustained Natural Apophyseal Glides Mobilization Versus Manipulation In The Treatment Of Cervical Spine Disorders: A Randomized Controlled Trial. International Journal of Advanced Research, Vol: 2, Issue: 6; 275-280

Eva Barret, Karen McCreesh, and Jeremy Lewis. 2013, *Intrater and interrater Reliability of the Flexicurve Index, Flexicurve Angle, and Manual Inclinator for the Measurement of Thoracic Kyphosis.*

Gaur, Vivek. Gupta, Sukriti. Arora, Manish. Study to Compare the Effects of Balance Exercises on Swiss ball and Standing, on Lumbar Reposition Sense, in

Asymptomatic Individuals. (Physiotherapy and Occupational Therapy Journal Volume 5 Number 1 January - March 2012)

Hertling D, Kessler RM. 2006. Management of Common Musculoskeletal Disorder: Physical Therapy Principles and Methods Fourth Edition. USA: Churchill Livingstone.

Katzman Wendy, Linda Wanek, John Shepherd, Deborah Sellmeyer. 2010. Age-Related Hyperkyphosis: Its Causes, Consequences, and Management. J Orthop Sport Phys Ther 40(06); 325-360

Kisner Carolin, and Colby Lynn. 2012. Therapeutic Exercise, 5th Edition. USA : F.A.Davis Company

Knopf, Karl. *Foam Roller Workbook: Illustrated Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques*, USA: Ulysses Press, 2011

Macagno Angel E, O'Brien Michael F. Thoracic and Thoracolumbar Kyphosis in Adults. Spine 2006 Volume 31, Nummer 19 suppl, pp S161-S170

Maria Moutzouri, Evdokia Billis, Nikolaos Strimpakos, Polixeni Kottika and Jacqueline A Oldham. 2008. The effects of the Mulligan Sustained Natural Apophyseal Glide (SNAG) mobilization in the lumbar flexion range of asymptomatic subjects as measured by the Zebris CMS20 3-D motion analysis system

Mulligan R, Brian. 2004. Manual Therapy: NAGS, SNAGS, MWM, etc, fifth edition. Wellington: Orthopedic Physical Therapy Product

Paterson, Jane. 2009. Postural Illness and Injury. Elsevier's Health Science Rights Department: Philadelphia

Pratiwi, Ica D. 2009. *Efek Penambahan Mobilisasi Segmental Posisi Ekstensi Torakal pada Intervensi MWD (Microwave Diathermy) dan Gapping Manipulasi terhadap Penurunan Nyeri pada Thoracic Hypomobility Syndrome Kasus Rounback*. Skripsi tidak diterbitkan. Program Sarjana Universitas Esa Unggul Jakarta

SE-YOON KIM, NAN-SOO KIM, AURENTIUS JONGSOO KIM, 2015. Effects of cervical sustained natural apophyseal glide on forward head posture and respiratory.

Solberg, Gill. 2008. *Postural Disorders and Musculoskeletal Dysfunction*. Philadelphia: Churchill Livingstone

Scott W.Cheatham, Morey J.Kolber, Matt Gain, Matt Lee, 2015. The effects of self-myofascial release using a foam roll or roller massager on joint range of motion, muscle recovery, and performance a systematic review

Tatiana Scheeren de Oliviera, Cl'audia Tarrag'o Candotti, Marcelo La Torre Patricia Pauls Toni Pelinson, L T'assia Silveira Furlanetto, FernandaMachado Kutchak, and Jefferson Fagundes Loss. 2012 *Validity and Reproduction of the Measurements Obtained Using the Flexicurve Instrument to Evaluate the Angle of Thoracic and Lumbar Curvatures of the Spine in the Sagittal Plane*.

Vicenzino, Bill et all. 2007. *Mulligan's mobilization-with-movement, positional faults and pain relief: Current concepts from a critical review of literature*. Elsevier Manual Therapy 12.

Yaman Onur, and Dalbayrak Sedak. 2014. Kyphosis: Diagnosis, Classification, and Treatment Method. Turkish Neurosurgery, Vol: 24, Supplement:1, 62-74