

DAFTAR PUSTAKA

Chattanooga Group A division of encore medical L.P., Stabilizer pressure biofeedback: operating instruction, @2005 Austin, Texas, USA

Joan Breibart, John Wiley & Sons, Standing Pilates, Strengthen and Tone Your Body: Wherever You Are, Inc copyright @2005 Hoboken, New Jersey, Canada

Justin Bobby, Clinical Lumbar Stabilization: Capston Project II PHT 6487, January 18, 2005, 7-9 Australia

Neurac 1, Teori copyright 2008 Redcord, Inc. AS

Neurac 2, Stimula copyright 2008 Redcord, Inc. AS

W. Ben Kibler, Joel Press, and Aaron Sciascia, Sport Medicine : The Role Of Core Stability in Athletic Function, 2006: 36(3):189-198 Rehabilitation Institute of Chicago, Illinois, USA

William E. Prentice, PhD., P.T., A.T.C., Rehabilitation Techniques for sport Medicine and Athletic Training , @2004: 200-206 North California

Wolterskluwer Health, Anatomy functional: musculoskeletal anatomy, kinesiology and palpation for manual therapist, Lippincot Williams & Wilkins copyright @2010: 248-275, 351 West Camden Street Baltimore, MD 21201

Eric Beard, The Mechanics of Low Back Pain and Corrective Solution, National Academy of Sport Medicine 2008. Available at

<http://www.nasm.org/eric.beard@nasm.org>

TerapiMaster Nordisk, A practical Guide for therapists: Sling Exercise Therapy,

Terapi AS, Arendal, Norway, available at <http://www.terapi-master.com>

Available at <http://www.Redcord.com>, No-4920 Staubo, Norway Available at

<http://www.spineuniverse.com>

Barr KP, Griggs M, Cadby T, Lumbar Stabilization, Core concept and current

literature, part 1: American Journal of Physical Medicine & Rehabilitation
Copyright ©2005: 473-480 by Lippincott Williams & Wilkins

Beach TAC et al. Muscular contribution to low-back loading and stiffness during
standard
and suspended push-ups. Human Movement Science 27 (2008) 457-472

GitleKirkesola, Neurac – a new treatment: method for long term musculoskeletal
pain,
Published in the journal fysioterapeuten 2009:76(12):16-25. Translated by
Redcord
AS 12th May 2010

Gwendolen Jull et al. Toward a measurement of Active Muscle Control for Lumbar
Stabilisation, Australian Physiotherapy Original Article Vol 39, No.3,
1993:187-193

Hibbs AE et al. Optimizing performance by improving core stability and core strength.
Sports Med 2008;38 (12)

Jacobs JV et al. People with chronic low back pain exhibit decreased variability in the
timing of their anticipatory postural adjustments. Behavioral Neuroscience
2009, Vol.123, No.2, 455-458

Jonathan D. Mills, Jacl E. Taunton, William A. Mills, The Effect of a 10 Week
Training
Regimen on Lumbo-Pelvic Stability and Athletic Performance in Female
Athletes: A Randomized-Controllled Trial, Faculty of Medicine, Dalhousie
University, Room C-132, CRC Building, 5849 University Avenue, Halifax,
NS, Canada B3H4H7, Volume 6, Issue 2, May 2005, Pages 60-66

Journal of Strength and Conditioning Research, 2007, 21(3), 979-985 © 2007 National
Strength & Conditioning Association

Katarina Von Garnier, Kristin Koveker, BaridRackwitz, Ulrike Kober, sabineWilke,
Thomas
Ewert, GeroldStucki, Reliability of a Test Measuring TransversusAbdominis
Muscle Recruitment with aPressure Biofeedback Unit, Department of Physical
medicine and Rehabilitation, Ludwig Maximilian University, Munich,
Germany, Volune 95, Issue 1, March 2009, Pages 8-14

Lisa Marie Bernardo, Ph.D., M.P.H., R.N., H.F.I, The effectiveness of pilates Training in Healthy

Adults: An Appraisal of The Research Literature, Volume 11, Issue 2, April 2007, Pages 106-110

Monica Unsgaard-Tondel et al. Motor Control Exercise, Sling Exercise and General Exercise

for Patients with Chronic Low Back Pain, Journal of The America Physical Therapy Association 2010; 90: 1426-1440

Saliba SA et al. Differences in transverse abdominis activation with stable and unstable bridging exercises in individuals with low back pain. North American Journal of Sports Physical Therapy 2010;5(2):63-73

Seiler S and Sæterbakken A. A Unique Core Stability Training Program Improves Throwing Velocity in Female High School Athletes. Medicine and Science in Sports and Exercise 40(5, supplement), s25, 2008

Silfies SP et al. Differences in feedforward trunk muscle activity in subgroups of patients with mechanical low back pain. Arch Phys Med Rehabil Vol 90, July 2009

Tsao H et al. Reorganization of the motor cortex is associated with postural control deficits in recurrent low back pain. Brain (2008), 131, 2161-2171

Tsao H et al. Bilateral activation of the abdominal muscles induces longer reaction time. Clinical Neurophysiology 119(2008) 1147-1152

Tsauo JY et al. The effectiveness of a functional training program for patients with chronic low back pain – a pilot study. Disability and rehabilitation, 2009;31(13):1100-1106

Zech A et al. Neuromuscular Training for Rehabilitation of Sports Injuries: A systematic review. Med. Sci. Sports Exerc, Vol 41, No 10, pp 1831-1841, 2009