

DAFTAR PUSTAKA

Abdi. J. and Sadeghi. H. 2013. *The effect of eight-week core stability training program on the dynamic balance in young elite footballers.*

Akuthota,venu.andrea ferreiro,tamara moore,Michael federicson,2008, *core stability exercise principle*

Behm DG, Anderson K, Curnew RS. *Muscle force and activation under stable and unstable conditions.* J Strength Cond Res 2002. August;16(3):416–22. [PubMed]Assessment, The Journal of Bone and Joint Surgery, 57A, pp 510 - 516.

Behm, David. And Colado, Carlos, Juan. 2012.*The Effectiveness Of Resistance Training Using Unstable Surface And Devices For Rehabilitation.*

Bret, 2013. Stabilisasi oleh core . Available at: <http://bretcontreras.com/why-do-i-anterior-pelvic-tilt/>

Cho,Misuk, PhD, PT¹ and Hyewon Jeon, MS, PT ,2013. *The Effects of Bridge Exercise on an Unstable Base of Support on Lumbar Stability and the Thickness of the Transversus Abdominis.* 733–736. PMID: PMC3805003

Crossley, James. 2012. *Personal Training Theory and Practice.* Pp. 120.

Emery, Carolyn. At all. 2005. Development of a Clinical Static and Dynamic Standing Balance Measurement Tool Appropriate for Use in Adolescents

Filipa, Alyson. *At all.* 2010 *Neuromuscular Training Improves Performance on the Star Excursion Balance Test in Young Female Athletes.* PMC Journal.

Filipa, Alyson. *At all.* 2010. *Neuromuscular Training Improves Performance on the Star Excursion Balance Test in Young Female Athletes,*2010

Funistan,2013.Anatomi otot Back.Available at:
<http://www.emory.edu/ANATOMY/AnatomyManual/back.html>

- Gordon, Angela T. Ambegaonkar, Jatin P. Caswell, shane V.2013. *Relationships Between Core Strength, Hip External Rotator Muscle Strength, and Star Excursion Balance Test Performance In Femele Lacrosse Players.*
- Gribble, Philip. A. et all. 2012. *Using the Star Excursion Balance Test to Assess Dynamic Postural-Control Deficits and Outcomes in Lower Extremity Injury: A Literature and Systematic Review.*
- Hales, T. R. dan Bernard, B. P.(1996), *Epydemilogy of Work Related Musculoskeletal Disolders Orthopedic Clinics of North America,27,679-709.*
- Hidayat, R. Imam, 1998. Biomekanika Bandung, cv andira .hal:2,18,31
- Higgins, Michael.2011.*Therapeutic Exercise : From Theory to Practice,* pps:169-171.
- Irfan, Muhammad. 2010. Fisioterapi Bagi Insan Stroke: Graha Ilmu, pp 43-51.
- Jessica and Anan. 2010. Pergeseran COG ketika berdiri. Available at: <http://www.pbs.org/opb/circus/classroom/circus-physics/center-mass/>
- Jhonson, Arthur t. 1991. *Biomechanics and Exercise Physiologi.* pp 31-33.
- Kibler, w. Ben. Press, Joel. Aaron, Sciascia. 2006. *The Role of Core Stability in Athletic Function.* Pp 189-198.
- Kinzey, Stephen J. 2014. *The Reliability of the Star-Excursion Test in Assessing Dynamic Balance,* Journal orthopaedic and sport physical therapy.
- Kisner, Carolyn and Lynn Allen Colby (2007), *Therapeutic Exercise hlm 14.* fifth edition .

- Lehman, Gregory. Hoda, Wajid. And Oliver, Steven. 2005. *Trunk muscle activity during bridging exercises on and off a Swissball.*
- Manurung, Novlinda SA, 2012. Latihan metode Neurac Lebih Efektif dari Pada Senam Pilates Terhadap Peningkatan Stabilisasi lumbo Pelvic , jakarta ,jurnal ilmiah fisioterapi.
- Mikrajudin, Saktiono, lutfi. 2006. Buku Ajar IPA Terpadu SMP dan MTS Untuk Kelas vII Semester 1, hal 41
- Miller, Todd. 2012. *NCSA's guide to tests and assessments*, pp: 356- 357
- Moghadam, Nohedi, Afsun. *et all.* 2011. *The effect of shoulder core exercises on isometric torque of glenohumeral joint movements in healthy young females.*
- Muhajir, 2006. Pendidikan Jasmani Olah Raga dan Kesehatan, Buku Ajar SMP Kelas VII: Yudistira. Hml. 79
- Murray M, Seireg A, Sepic S. 1975. *Normal Postural Stability and Steadiness: Quantitative*
- Musnick , David and M ark pierce. 2006. *Conditioning for Outdoor fitness: functional Exercise and Nutrition for Every Body.* pps: 26,129-132.
- Muthukrishnan, Ramprasad. *Et all.*2010.,*The differential effects of core stabilization exercise regime and conventional physiotherapy regime on postural control parameters during perturbation in patients with movement and control impairment chronic low back pain.*
- Nia,2009. Anatomi tulang . Available at : <http://spot.pcc.edu/~lkidoguc/Topics/core.htm>

Nizam, Mohamad, Mohamed, Shapie. Jon Oliver. Peter O'Donoghue. Richard Tong.2013. *Activity Profile During Action Time in National Silat Competition.*

O'Connor, G. Francis. Robert E. Sallis. Robert P. Wilder. Patrick S. Piere .2005. *Sports medicine just the facts*. pps:40,44,45

O'Sullivan PB, Grahamslaw KM, Kendall M, et al. *The effect of different standing and sitting postures on trunk muscle activity in a pain-free population. Spine, 2002, 27: 1238–44. [PubMed]*

Plisky, J. Philip. et al. 2009. *The Reliability Of An Instrumented Device for Measuring Components Of the Star Excursion Balance test. NAJSPT.*

Rhee, Hyun, Sill, Yoon Hyuk Kim, and Paul S. Sung. 2012. *A randomized controlled trial to determine the effect of spinal stabilization exercise intervention based on pain level and standing balance differences in patients with low back pain*

Saliba, Susan A. et al. 2010. *Differences in Transverse Abdominis Activation with Stable and Unstable Bridging Exercises in Individuals with Low Back Pain.*

Saunders, Steve (2008). *Core stability and exercise prescription: a research update: implications for physiotherapists*, Adelaide: Department of Physiotherapy, the University of Queensland.

Thomson, Ann. Skinner, Alison. Piercy, Joan. 1991. *TidyS Physiotherapy* edisi 12, pp 98-99.

Umphred, Darcy. Carlson, Connie.2006. *Neuro Rehabilitation for Physical Therapist Assistant* .Eds; pp 49-50.

Weingroff,2013. Star excursion balance test. Available at: <http://charlieweingroff.com/2013/04/y-balance-vs-star-excursion>

Yoon,joong,jung. Tae Sik Yoon, Bo Mi Shin, and Eun Hye Na. 2012. *Factors Affecting Test Results and Standardized Method in Quiet Standing Balance Evaluation.*

Zatsiorsky, m. Vladimir. 2000. *biomechanics in sport, performance enhancement and injury prevention*, pp:114-115