

DAFTAR PUSTAKA

- Ambardini, Rachma Laksmi. 2008. *Aktivitas Fisik pada Lanjut Usia*. Universitas Negri Yogyakarta.
- American Diabetes Association, 2010. *Standards of Medical Care in Diabetes 2010*.
- Aminudin, Setyawan S, 2003, *Pengaruh Kontraksi Isometrik dan Isotonik Terhadap Kadar Asam Laktat*, *The Indonesian Journal of Physiology*, <http://Journal.Lib.Uanir.ac.id>, diakses pada tanggal 5 Maret 2009.
- C. Irvine and N. F. Taylor, "Progressive Resistance Exercise Improves Glycaemic Control in People with Type 2 Diabetes Mellitus: A Systematic Review," *The Australian Journal of Physiotherapy*, vol. 55, no. 4, pp. 237–246, 2009.
- Gurudut, Peeyoosha dan Abey P. Rajan. 2017. *Immediate Effect Of Passive Static Stretching Versus Resistance Exercises on Postprandial Blood Sugar Levels in Type 2 Diabetes Mellitus: a Randomized Clinical Trial*. Department of Orthopaedics Physiotherapy, KLEU Institute of Physiotherapy, Belagavi, India.
- Holten MK, Zacho M, Gaster M, Juel C, Wojtaszewski JF, Dela F. *Strength Training Increases Insulin-Mediated Glucose Uptake, GLUT4 Content, and Insulin Signaling in Skeletal Muscle in Patients with Type 2 Diabetes*. *Diabetes* 2004;53:294-305.
- Indriyani, Puji, Heru Supriyatno, dan Agus Santoso. 2007. *Pengaruh Latihan Fisik; Senam Aerobik terhadap Penurunan Kadar Gula Darah pada Penderita DM Tipe 2 di Wilayah Puskesmas Bukateja Purbalingga*.
- J.Wood, Richard and Elizabeth C. O'Neill. 2012. *Resistance Training in Type II Diabetes Mellitus: Impact on Areas of Metabolic Dysfunction in Skeletal Muscle and Potential Impact on Bone*. Department of Exercise Science & Sport Studies, Springfield College, 263 Alden St. Athletic Training/Exercise Science Complex, Springfield, MA 01109, USA.
- Kisner, Carolyn dan Lynn Allen Colby. 2012. *Therapeutic Exercise Foundations and Techniques Sixth Edition*. Philadelphia, PA 19103.
- Kurniawan, A Andi dan Y Nining Sri Wuryaningsih. 2016. *Rekomendasi Latihan Fisik untuk Diabetes Melitus Tipe 2*. Indonesia Sports Medicine Centre, Fakultas Kedokteran Universitas Kristen Duta Wacana.
- Kurniawan, Indra. 2010. *Diabetes Melitus Tipe 2 pada Lanjut Usia*. Klinik Usila Puskesmas Pangkalbalam, Pangkalpinang, Kepulauan Bangka Belitung.
- K. Zuraes, T. K. De Mott, H. Kim, L. Allet, J. A. Ashton-Miller, and J. K. Richardson,

- “Gait Efficiency on an Uneven Surface is Associated with Falls and Injury in Older Subjects with a Spectrum of Lower Limb Neuromuscular Function: A Prospective Study,” *American Journal of Physical Medicine & Rehabilitation*, vol. 95, no. 2, pp. 83–90, 2016.
- Ludington, dr Aileen, dr. Hans Diehl, DR.H.Sc., M.P.H., C.S.N. 2011. Sehat dan Kuat. Canadian Diabetes Association Clinical Practice Guidelines Expert Committee, Sigal RJ, Armstrong MJ, Colby P, Kenny GP, Plotnikoff RC, Reichert SM, Riddell MC. Physical activity and diabetes. *Can J Diabetes* 2013;37 Suppl 1:S40-44.
- Messina G, Palmieri F, Monda V, Messina A, Dalia C, Viggiano A, Tafuri D, Messina A, Moscatelli F, Valenzano A, Cibelli G, Chieffi S, Monda M. Exercise Causes Muscle GLUT4 Translocation in an Insulin-Independent Manner. *Biol Med (Aligarh)* 2015;S3:007.
- Rusli. 2010. Pentingnya Latihan Fisik bagi Manusia Lanjut Usia. Ilmu Keolahragaan.
- Simmons, Z. dan Feldman, E.L., 2002. Update on diabetic neuropathy. *Current Opinion in Neurology*. 15, 595–603, (Online), (<http://anesthesia.stanford.edu/pain/Neuropathic%20Pain/Diabetic%20Neuropathies.pdf>., diakses tanggal 29 Februari 2010).
- Widyawati, Ika Yuni, Dewi Irawaty, dan Luknis Sabri. 2010. Latihan *Active Lower Range Of Motion* Menurunkan Tanda dan Gejala Neuropati Diabetikum. Universitas Indonesia.