

## DAFTAR PUSTAKA

- Anonim, *Defenisi Olahraga*, 2012, available at <http://wikipedia/olahraga/id/html>
- Crystal Welch, *Cara Gunakan Theraband*, 2012, available at [http://www.ehow.com/how\\_8150339\\_use-theraband.html](http://www.ehow.com/how_8150339_use-theraband.html)
- Fitzgerald.,D. *et. al. Effects of a Wooble board-Based Therapeutic Exergaming System for Balance Training on Dynamic Postural Stability and Intrinsic Motivation levels*, 2010.
- Info Fisioterapi, 2013, available at <http://www.infofisioterapi.com>
- Ikatan Fisioterapi Indonesia, *the Indonesia Physiotherapy Association*, Kumpulan Peraturan dan Keputusan Profesi Fisioterapi Indonesia.
- Irfan, M. *Keseimbangan-Balance*, 2010, available at <http://dhaenkpedro.wordpress.com/keseimbangan>.
- Kisner. Carolyn, Lynn Allen Colby. 2007. *Theraupetic Exercise 5<sup>th</sup> edition*, Philadelphia: F.A. Davis Company.
- Mattacola. Carl G, Maureen K. Dwyer. 2002. *Rehabilitation of the Ankle After Acute Sprain or Chronic Instability*, University of Kentucky: National Athletic Trainers' Association.
- McArdle, Katch, 2000. *Esestial of Exercise Physiology*, Philadelphia: Lea and Febiger.
- Ngurah Nala, I Gusti. 2011. *Prinsip Pelatihan Fisik Olahraga*. Bali: Udayana University Press.
- Ozello, Donald A. *Prosedur Latihan Wobbleboard*, 2013, available at <http://www.livestrong.com/article/256808-exercises-on-a-wobble-board-to-strengthen-ankle-ligaments/>
- Page, Phil, *Balance Training Reduce Ankle Re-Injury*, 2009
- Penjasorkes. 2012. *Defenisi Senam Irama*, available at [http://id.wikipedia.org/wiki/Senam\\_irama](http://id.wikipedia.org/wiki/Senam_irama)
- Prentice ,William E. 2011. *Rehabilitation Techniques for Sport Medicine and Athletic Training, 5<sup>th</sup> Edition*, New York: Mc. Graw Hill Companies.
- Ross, D. Michael, *et al.* 2002. *Journal of Strength and Conditioning Research*. National Strength & Conditioning Association.

- Sharma N, Archana Sharma, Jaspal Singh Sandhu. 2011. *Asian Journal of Sports Medicine, Volume 2 (Number 4)*. Tehran University of Medical Sciences.
- Sidik, Dikdik Zafar. *Jurnal Latihan Stabilisasi dan Keseimbangan*, 2012
- Tropp H, Odenrick P. *Postural Control in Single-Limb Stance*. Journal of Orthopaedic, 1988.