

DAFTAR PUSTAKA

- Anbupriya Sureshabu, M., Nishanth, H., & Aishwarya, A. (2021). Immediate Effect of Chin Tuck Exercises on Craniovertebral Angle and Shoulder Angle Among Collegiates with Forward Head Posture. *Biomedical and Pharmacology Journal*, 14(4), 2295–2298. <https://doi.org/10.13005/bpj/2330>
- Armstrong, B., Mcnair, P., & Taylor, D. (2008). Head and Neck Position Sense. In *Sports Med* (Vol. 38, Issue 2).
- Clark, N. C., Røijezon, U., & Treleaven, J. (2015). Proprioception in musculoskeletal rehabilitation. Part 2: Clinical assessment and intervention. *Manual Therapy*, 20(3), 378–387. <https://doi.org/10.1016/j.math.2015.01.009>
- de Vries, J., Ischebeck, B. K., Voogt, L. P., van der Geest, J. N., Janssen, M., Frens, M. A., & Kleinrensink, G. J. (2015). Joint position sense error in people with neck pain: A systematic review. In *Manual Therapy* (Vol. 20, Issue 6, pp. 736–744). Churchill Livingstone. <https://doi.org/10.1016/j.math.2015.04.015>
- Khan, A., Khan, Z., Bhati, P., & Hussain, M. E. (2020). Influence of Forward Head Posture on Cervicocephalic Kinesthesia and Electromyographic Activity of Neck Musculature in Asymptomatic Individuals. *Journal of Chiropractic Medicine*, 19(4), 230–240. <https://doi.org/10.1016/j.jcm.2020.07.002>
- Kim, D. H., Kim, C. J., & Son, S. M. (2018). Neck pain in adults with forward head posture: Effects of craniovertebral angle and cervical range of motion. *Osong Public Health and Research Perspectives*, 9(6), 309–313. <https://doi.org/10.24171/j.phrp.2018.9.6.04>
- Lee, M. Y., Kim, S. G., & Lee, H. Y. (2016). The effect of cervical stabilization exercise on active joint position sense: A randomized controlled trial. *Journal of Back and Musculoskeletal Rehabilitation*, 29(1), 85–88. <https://doi.org/10.3233/BMR-150601>
- Mahmoud, N. F., Hassan, K. A., Abdelmajeed, S. F., Moustafa, I. M., & Silva, A. G. (2019). The Relationship Between Forward Head Posture and Neck Pain: a Systematic Review and Meta-Analysis. In *Current Reviews in Musculoskeletal Medicine* (Vol. 12, Issue 4, pp. 562–577). Springer. <https://doi.org/10.1007/s12178-019-09594-y>
- Naz, A., Bashir, S., & Noor, R. (n.d.). Prevalance of forward head posture among

- university students. In *Rawal Medical Journal* (Vol. 43, Issue 2).
- Patwardhan, A. G., Havey, R. M., Khayatzadeh, S., Muriuki, M. G., Voronov, L. I., Carandang, G., Nguyen, N. L., Ghanayem, A. J., Schuit, D., Patel, A. A., Smith, Z. A., & Sears, W. (2015). Postural consequences of cervical sagittal imbalance: A novel laboratory model. *Spine*, *40*(11), 783–792. <https://doi.org/10.1097/BRS.0000000000000877>
- Peng, B., Yang, L., Li, Y., Liu, T., & Liu, Y. (2021). Cervical Proprioception Impairment in Neck Pain-Pathophysiology, Clinical Evaluation, and Management: A Narrative Review. In *Pain and Therapy* (Vol. 10, Issue 1, pp. 143–164). Adis. <https://doi.org/10.1007/s40122-020-00230-z>
- Pérez-Cabezas, V., Ruiz-Molinero, C., Jimenez-Rejano, J. J., Chamorro-Moriana, G., Gonzalez-Medina, G., & Chillón-Martínez, R. (2020). Effectiveness of an Eye-Cervical Re-Education Program in Chronic Neck Pain: A Randomized Clinical Trial. *Evidence-Based Complementary and Alternative Medicine*, *2020*. <https://doi.org/10.1155/2020/2760413>
- Singla, D., & Veqar, Z. (2017). Association Between Forward Head, Rounded Shoulders, and Increased Thoracic Kyphosis: A Review of the Literature. *Journal of Chiropractic Medicine*, *16*(3), 220–229. <https://doi.org/10.1016/j.jcm.2017.03.004>
- Suvarnnato, T., Puntumetakul, R., Uthairakul, S., & Boucaut, R. (2019). Effect of specific deep cervical muscle exercises on functional disability, pain intensity, craniovertebral angle, and neck-muscle strength in chronic mechanical neck pain: A randomized controlled trial. *Journal of Pain Research*, *12*, 915–925. <https://doi.org/10.2147/JPR.S190125>
- Yong, M.-S., Lee, H.-Y., & Lee, M.-Y. (n.d.). *Correlation between head posture and proprioceptive function in the cervical region.*