

DAFTAR PUSTAKA

- Akinpelu. A.O., Bakare. U., Adegoke B.O.A. 2005. Influence of Age on Hamstring Tightness in Apparently Healthy Nigerians. *Journal of The Nigeria Society of Physiotherapy - Vol. 15 No.2*. Department of Physiotherapy, College of Medicine, University of Ibadan. Ibadan.
- Allen. K., Armstrong. L.E., Ballady. G.J., Berry. M.J., Broeder. C., Castellani. J. 2009. *ACSM's Guidelines for Exercise Testing and Prescription. 8th ed.* Georgia. Lippincot Williams.
- Andrew. 2012. *Acute Hamstring Strain*, available at <http://www.physiopro.co.za/acute-hamstring-strains/>.
- Broom, B. 1999. *Anatomi Fisiologi, Sistem Lokomotor dan Penginderaan*, Cambridge Communicatiom Limited. Jakarta. ECG.
- Carrasco. M., Arribas. I.S., de Haro. V.M., Yague. L.C., Moro. I.M.G. 2013. Does The Sit and Reach Test Measures Flexibility? A Case Study. *Revista Internacional de Medicina y Ciencias de la Actividad Física y el Deporte vol. 13 (52) pp. 749-770*. Spanish. ISSN.
- Cornbleet. S.L., Woolsey. N.B. 1996. Assessment of Hamstring Muscle Length in School-aged Children Using the Sit-and-Reach Test and the Inclinator Measure of Hip Joint Angle. *PHYS THER*76:850-855. Netherland. APTA journal.

- Corrigan. B, Maitland. G.D. 2000. *Musculoskeletal & Sports Injuries*. Great Britain. Reed Educational & Profesional Publishing.
- Gagliardi, C. 2012. *Whats the Difference Between Autogenic and Reciprocal Inhibition*, available at <http://www.acefitness.org>.
- Ganong, W.K. 2008. *Buku Ajar Fisiologi Kedokteran*. Jakarta.Penerbit Buku Kedokteran EGC.
- Guyton, A.C. 2005. *Textbook of Medical Physiology*. Philadelphia. WB Saunders Company.
- Hadiwidjaja, S. 2008. *Anatomi Extremitas, Seri Extremitas Inferior*. Jakarta. UIEU University Press.
- Hardjono. J., Azizah. E. 2012. *Pengaruh Penambahan Contract Relax Stretching pada Intervensi Interferensia Current dan Ultrasound terhadap Pengurangan Nyeri pada Sindroma Miofasial Otot Supraspinatus*. Jakarta. Universitas Esa Unggul.
- Haryati M.H. 2011. *Penambahan Intervensi Micro Wave Diathermy pada Intervensi Muscle Energy Technique Meningkatkan Fleksibilitas Lumbal pada Kondisi Nyeri Punggung Bawah*. Jakarta. Skripsi Universitas Esa Unggul.
- Herlanti, Y. 2013. *Mengapa Kita Lebih Suka Mendorong Daripada Menarik*, available at <http://yanti.fahiza.com/?p=1092>.

- Hermina, M. 2012 *Hubungan Fleksibilitas Lumbal dengan Mechanical Back Pain pada Perawat Bidakara Medical Center Usia 22-35 Th.* Jakarta. Skripsi Universitas Esa Unggul.
- Hendriko. 2012. *Profil Fleksibilitas Otot Hamstring pada Atlet Voli Koni Propinsi DKI Jakarta, Studi Pendahuluan untuk Evaluasi Pencegahan Cedera Olahraga.* Jakarta. Program Studi Ilmu Kedokteran Fisik dan Rehabilitasi Universitas Indonesia.
- Irfan, M. 2012. *Stretching Otot Hamstring*, available at <http://dhaenkpedro.wordpress.com>.
- Kisner. C., Colby. L.A. 2007. *Therapeutic Exercise Foundation and Techniques.* Philadelphia. FA. Davis.
- Lubis, D.R. 2011. *Beda Efek antara Static Stretching dengan Dynamic Stretching terhadap Pemanjangan Otot Iliopsoas pada Kasus Tightness Iliopsoas pada Mahasiswa.* Jakarta. Skripsi Universitas Esa Unggul.
- Mattes, A.L. 2004. *Active Isolated Stretching: The Mattes method.* Sarasota. Aaron Mattes Publishing.
- Muscolino, J.E. 2010. *Active Isolated Stretching : The Mattes Method.* Modalities for Massage and Body Work Magazine.
- Muscolino, J.E. 2011. *Kinesiology The Skeletal System and Muscle Fuction.* St. Louis. Elsevier.

- Nafsiah, S. 2000. *Prof.Hembing Pemenang The Star Of Asia Award: Pertama di Asia Ketiga di Dunia*. Jakarta.Gema Insani.
- Pandhu, H.H. 2012. *Kerja Otot Lurik*, available at <http://makeyousmarter.blogspot.com/2012/12/kerja-otot-lurik.html>.
- Premkumar, K. 2004. *The Massage Anatomy and Physiology*. Baltimore. Lippincott Williams & Wilkins.
- Prentice, W.E. 1999. *Rehabilitation Techniques in Sports medicine*. USA. McGraw Hill.
- Quinn, E. 2008. *Medical Review Board, Sit and Reach Flexibility Test*, available at <http://sportsmedicine.about.com>.
- Quinn , E. 2009. *Muscle Fiber Contraction-Three Different Types*, available at <http://sportsmedicine.about.com>.
- Roberts, J.M., Wilson, K.1999. Effect of stretching duration on passive and active range of motion in lower extremity. *doi: 10.1136/bjism.33.4.259*. united Kingdom. BJSM.
- Sears, B. 2012. *The Hamstrings Muscle*, available at <http://physicaltherapy.about.com>.
- Sherwood, L. 2001. *Fisiologi Manusia, dari Sel ke Sistem*. Jakarta. Penerbit Buku Kedokteran EGC.
- Stretching USA team. 2013. *Active Isolated Stretching, Expanding the Potential of the Professional*, available at <http://www.stretchingusa.com>.

- Sunarto. 2009. *Himpunan Peraturan Perundang-Undangan Republik Indonesia tentang Fisioterapi*. Jakarta. Ikatan Fisioterapi Indonesia.
- Syaifudin. 2013. *Anatomi Tubuh Manusia*. Jakarta. Salemba Medika.
- Temelli. N.Y., Akalan. E. 2009. *Treatment Approaches to Flexion Contractures of the Knee*. Istanbul: Departments of Orthopedics And Traumatology And Child Neurology, Medicine Faculty of İstanbul University. doi:10.3944/AOTT.2009.113. Istanbul. Acta Orthop Traumatol.
- Wahyuni, D.P. 2008. *Latihan Peregangan untuk Meningkatkan Fleksibilitas Otot dalam Olah Raga, Volume XV no.3, Desember*. Meridian.
- Ward. J., Robert. C., Roger. L. 2009. *At a Glance Fisiologi*. Jakarta. Erlangga.
- Winaya, I.M.N. 2011. *Efek Penambahan Contract Relax And Stretching (Crs) Posisi Tangan di Belakang Leher dan Punggung Lebih Baik dari Efek Penambahan Massage pada Intervensi Ultrasound (Us) dan Transcutaneous Electrical Nerve Stimulation (Tens) Terhadap Nyeri pada Penderita Frozen Shoulder*. Denpasar. Universitas Udayana.
- Winters, M.V., Blake. C.G.,Throst. J.S., Brinker. T.B.M.,Lowe. L., Garber. M.B.,Wainner. R.S. 2004. *Passive Versus Active Stretching of Hip Flexor Muscles in Subjects With Limited Hip Extension: A Randomized Clinical Trial*. *PHYS THER*. 2004; 84:800-807. Netherland. APTA journal.
- Wismanto. 2011. *Pelatihan Metode Active Isolated Stretching lebih Efektif daripada Contract Relax Stretching dalam Meningkatkan Fleksibilitas Otot Hamstring*. Bandung. Jurnal Fisioterapi.

Witvrouw. E., Danneels. L., Asselman. P., D'Have. T., Cambier. D. 2003. Muscle Flexibility as A Risk Factor for Developing Muscle Injuries in Male Professional Soccer Players: A Prospective Study. *Am. J. Sports Med.* 2003; 31; 41. Belgium. American Orthopaedic Society for Sports Medicine.

Wood R. 2013. *Sit and Reach Flexibility Test*, available at <http://www.topendsports.com/testing/tests/sit-and-reach.htm>.