

DAFTAR PUSTAKA

- Ansar, sudaryanto. (2006). *Hills EC, Mechanical low back pain. eMedicine.com*, [Online] June 2006. Available at: <http://www.emedicine.com/pmr/topic73.htm>. Parjoto, S. 2006. *Terapi Listrik Untuk Modulasi Nyeri. IFI. Semarang*. 1(June 2006), 2014.
- Arikunto Suharsimi. (2013). *Prosedur penelitian*. Rineka cipta.
- Arner, J. W., McClincy, M. P., & Bradley, J. P. (2019). Hamstring Injuries in Athletes: Evidence-based Treatment. *The Journal of the American Academy of Orthopaedic Surgeons*, 27(23), 868–877. <https://doi.org/10.5435/JAAOS-D-18-00741>
- Az-zahra, N., & Ichsani, F. (2016). Efektivitas Antara Latihan Kontraksi Eksentrik Hydroterapy Dengan Latihan Ballistic Stretching. *Jurnal Fisioterapi*, 16(1), 29–39.
- Babu, S. K., & Paul, A. (2018). Effectiveness of Nordic Hamstring Exercise in Improving Hamstring Muscle Flexibility, Strength and Endurance among Young Adults. *International Journal of Health Sciences & Research (Www.Ijhsr.Org)*, 8(March), 119. www.ijhsr.org
- Baltaci, G., Un, N., Tunay, V., Besler, A., & Gerçeker, S. (2003). Comparison of three different sit and reach tests for measurement of hamstring flexibility in female university students. *British Journal of Sports Medicine*, 37(1), 59–61. <https://doi.org/10.1136/bjism.37.1.59>
- Cael, C. (2010). *Functional Anatomy, Philadelphia*.
- Clay, J. H., & Williams, L. (2008). *Basic clinical massage therapy*.
- Ditroilo, M., De Vito, G., & Delahunt, E. (2013). Kinematic and electromyographic analysis of the Nordic Hamstring Exercise. *Journal of Electromyography and Kinesiology*, 23(5), 1111–1118. <https://doi.org/10.1016/j.jelekin.2013.05.008>
- Ferdian, A., Lesmana, S. I., & Banjarnahor, L. A. (2016). Efektifitas Antara Nordic Hamstring Exercise Dengan Prone Hang Exercise Terhadap Ekstensibilitas Tightness Hamstring. *Jurnal Fisioterapi*, 16(1), 19–28.
- Folpp, H., Deall, S., Harvey, L. A., & Gwinn, T. (2006). Can apparent increases in muscle extensibility with regular stretch be explained by changes in tolerance to stretch? *Australian Journal of Physiotherapy*, 52(1), 45–50.

[https://doi.org/10.1016/S0004-9514\(06\)70061-7](https://doi.org/10.1016/S0004-9514(06)70061-7)

- Giriwijoyo, S., & Sidik, D. Z. (2013). *Ilmu Faal Olahraga (Fisiologi Olahraga): Fungsi Tubu Manusia pada Olahraga untuk Kesehatan dan Prestasi*. (Remaja Rosdakkar (ed.)).
- Harsono. (1988). *Coaching dan Aspek-aspek psikologis dalam Coaching*. Jakarta: Penerbit Tambak Kusuma.
- Heiderscheit, B. C., Sherry, M. A., Silder, A., Chummanov, E. S., & Thelen, D. G. (2010). Hamstring strain injuries: Recommendations for diagnosis, rehabilitation, and injury prevention. *Journal of Orthopaedic and Sports Physical Therapy*, 40(2), 67–81. <https://doi.org/10.2519/jospt.2010.3047>
- Irfan, M., & Natalia. (2008). Beda Pengaruh Auto Stretching dengan Contract Relax and Stretching terhadap Penambahan Panjang Otot Hamstring. *Jurnal Fisioterapi Indonesia*, 8(1), 65–87.
- James R. Scifers. (2011). *Therapeutic Exercise: From Theory to Practice* (J. R. Scifers (ed.); Chapter fi).
- Kim Joong Young. (2009). “ *The Textbook od Taekwondo Poomsae*”. Korea: O-Sung publishing Company.
- Kisner, C. L. A. (2007). *Therapeutic Exercise: Foundations and Techniques*. 5th Ed. Philadelphia Davis Company.
- Lorenz, D. (2011). *THE ROLE AND IMPLEMENTATION OF ECCENTRIC TRAINING IN ATHLETIC REHABILITATION: TENDINOPATHY, HAMSTRING STRAINS, AND ACL RECONSTRUCTION*.
- Lubis, D. R. (2011). Beda efek antara static stretching dengan dynamic stretching terhadap pemanjangan otot iliopsoas pada kasus tightness iliopsoas pada mahasiswa. Jakarta. *Jurnal Fisioterapi*.
- M. Sajoto. (1990). *Peningkatan & Pembinaan Kekuatan Kondisi Fisik dalam Olahraga*.
- Neumann, D. A. (2010). Kinesiology of the hip: A focus on muscular actions. *Journal of Orthopaedic and Sports Physical Therapy*, 40(2), 82–94. <https://doi.org/10.2519/jospt.2010.3025>
- Nurchayani, D., Lesmana, S. I., Hilmy, M. R., Fisioterapi, F., Unggul, U. E., & Jeruk, K. (2019). Hubungan Ekstensibilitas Hamstring Dan Stabilisasi Hip.

- Jurnal Fisioterapi*, 19(2), 68–75.
- Nursalam. (2013). *Konsep dan penerapan metodologi penelitian ilmu keperawatan : pedoman skripsi, tesis, dan instrumen penelitian keperawatan / Nursalam ; tim editor, Salemba Medika.*
- Opplert, J., & Babault, N. (2018). Acute Effects of Dynamic Stretching on Muscle Flexibility and Performance: An Analysis of the Current Literature. *Sports Medicine*, 48(2), 299–325. <https://doi.org/10.1007/s40279-017-0797-9>
- Panteleimon, B., Ioannou, P., & Bakirtzoglou, F. (2010). Evaluation of Hamstring flexibility by using two different measuring instruments. *Sportlogia*, 6(2), 28–34. <https://doi.org/10.5550/sgia.1002028>
- Pedro A López-Miñarro. (2009). *A comparison of the sit-and-reach test and the back-saver sit-and-reach test in university students.*
- Prentice, W. E. (2016). *Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice* (Hardcover). McGraw-Hill Education.
- Seeley, R.R., Stephens, T. D. (2008). *Anatomy and Physiology, McGraw-Hill College, ISBN-10: 0072965576.*
- Suryadi, V. Y. (2003). *Taekwondo Poomsae tae geuk. Gramedia Pustaka Utama.*
- Tierney, R. T. (2011). *Therapeutic Exercise: From Theory to Practice* (R. T. Tierney, J. B. Driban, & R. S. James (eds.); Chapter Th).
- Waseem, M., Nuhmani, S., Ram, C. S., & Ahmad, F. (2009). A Comparative Study: Static Stretching Versus Eccentric Training on Popliteal Angle in Normal Healthy Indian Collegiate Males. *International Journal of Sports Science and Engineering*, 3(3), 180–186.
- Weerasekara, I. (2013). The Prevalence of Hamstring Tightness among the Male Athletes of University of Peradeniya in 2010, Sri Lanka. *International Journal of Physical Medicine & Rehabilitation*, 01(01), 8–10. <https://doi.org/10.4172/2329-9096.1000108>
- Wepler, C. H., & Magnusson, S. P. (2010). Increasing muscle extensibility: A matter of increasing length or modifying sensation? *Physical Therapy*, 90(3), 438–449. <https://doi.org/10.2522/ptj.20090012>
- Wismanto. (2011). *Pelatihan Metode Active Isolated Stetching lebih Efektif Daripada Contract Relax Stretching Dalam Meningkatkan Fleksibilitas Otot*

Hamstring. *Jurnal Fisioterapi*, 11(1), 77–92.

Woodley, S. J., & Mercer, S. R. (2005). Hamstring muscles: Architecture and innervation. *Cells Tissues Organs*, 179(3), 125–141. <https://doi.org/10.1159/000085004>

Yu, B., Queen, R. M., Abbey, A. N., Liu, Y., Moorman, C. T., & Garrett, W. E. (2008). Hamstring muscle kinematics and activation during overground sprinting. *Journal of Biomechanics*, 41(15), 3121–3126. <https://doi.org/10.1016/j.jbiomech.2008.09.005>