DAFTAR PUSTAKA

(CDC), C. for D. C. and P. (2022). Osteoarthritis Prevention and Management in Primary Care. *Osteoarthritis Action Alliance*, 1–90.

Al-Johani, A. H., Kachanathu, S. J., Hafez, A. R., Al-Ahaideb, A., Algarni, A. D., Alroumi, A. M., & Alanezi, A. M. (2014). Comparative Study of Hamstring and Quadriceps Strengthening Treatments in theManagement of Knee Osteoarthritis. *Journal of Physical Therapy Science*, *26*(6), 817. https://doi.org/10.1589/JPTS.26.817

Allen, K. D., Thoma, L. M., & Golightly, Y. M. (2022). Epidemiology of osteoarthritis. *Osteoarthritis and Cartilage*, *30*(2), 184–195. https://doi.org/10.1016/j.joca.2021.04.020

Anderson, A. S., & Loeser, R. F. (2010). Why is OA an age-related disease. *Best Pract Res Clin Rheumatol*, *24*(1), 1–18. https://doi.org/10.1016/j.berh.2009.08.006.Why

Arikunto, S. (2006). *PROSEDUR PENELITIAN SUATU PENDEKATAN PRAKTIK*. Rineka Cipta.

Barr, A. J., Campbell, T. M., Hopkinson, D., Kingsbury, S. R., Bowes, M. A., & Conaghan, P. G. (2015). A systematic review of the relationship between subchondral bone features, pain and structural pathology in peripheral joint osteoarthritis. *Arthritis Research & Therapy*, *17*(1). https://doi.org/10.1186/S13075-015-0735-X

Bhargava, H. D. (2020). *Causes of Osteoarthritis: Primary, Secondary, and Risk Factors*. WebMD. https://www.webmd.com/osteoarthritis/osteoarthritis-causes

Bliddal, H., Leeds, A. R., & Christensen, R. (2014). Osteoarthritis, obesity and weight loss: Evidence, hypotheses and horizons - a scoping review. *Obesity Reviews*, *15*(7), 578–586. https://doi.org/10.1111/obr.12173

Bourne, Matthew; Sinkler, Margaret A; Murphy, P. B. (2022). *Anatomy, Bony Pelvis and Lower Limb, Tibia*. StatPearls Publishing LLC. https://www.ncbi.nlm.nih.gov/books/NBK526053/

Chao, J., Jing, Z., Xuehua, B., Peilei, Y., & Qi, G. (2021). Effect of Systematic Exercise Rehabilitation on Patients With Knee Osteoarthritis: A Randomized Controlled Trial. *Cartilage*, *13*(1_suppl), 1734S-1740S. https://doi.org/10.1177/1947603520903443

Chen, P., Gao, L., Shi, X., Allen, K., & Yang, L. (2019). Fully automatic knee osteoarthritis severity grading using deep neural networks with a novel ordinal loss. *Computerized Medical Imaging and Graphics*, *75*, 84–92. https://doi.org/10.1016/j.compmedimag.2019.06.002

Cleveland Clinic. (2021). *Quad Muscles: Function and Anatomy*. Https://My.Clevelandclinic.Org/. https://my.clevelandclinic.org/health/body/22816-quad-muscles

Clynes, M. A., Jameson, K. A., Edwards, M. H., Cooper, C., & Dennison, E. M. (2019). Impact of osteoarthritis on activities of daily living: does joint site matter? *Aging Clinical and Experimental Research*, *31*(8), 1049–1056. https://doi.org/10.1007/s40520-019-01163-0

Cui, A., Li, H., Wang, D., Zhong, J., Chen, Y., & Lu, H. (2020). Global, regional prevalence, incidence and risk factors of knee osteoarthritis in population-based studies. *EClinicalMedicine*, *29–30*, 100587. https://doi.org/10.1016/j.eclinm.2020.100587

Dias, J. M., Cisneros, L., Dias, R., Fritsch, C., Gomes, W., Pereira, L., Santos, M. L., & Ferreira, P. H. (2017). Hydrotherapy improves pain and function in older women with knee osteoarthritis: a randomized controlled trial. *Brazilian Journal of Physical Therapy*, *21*(6), 449–456. https://doi.org/10.1016/j.bjpt.2017.06.012

Dong, R., Wu, Y., Xu, S., Zhang, L., Ying, J., Jin, H., Wang, P., Xiao, L., & Tong, P. (2018). Is aquatic exercise more effective than land-based exercise for knee osteoarthritis? *Medicine (United States)*, *97*(52). https://doi.org/10.1097/MD.0000000000013823

Ebrahimzadeh, M. H., Makhmalbaf, H., Birjandinejad, A., Keshtan, F. G., Hoseini, H. A., & Mazloumi, S. M. (2014). The Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) in Persian speaking patients with knee osteoarthritis. *Archives of Bone and Joint Surgery*, *2*(1), 57–62.

Egloff, C., Hügle, T., & Valderrabano, V. (2012). Biomechanics and pathomechanisms of osteoarthritis. *Swiss Medical Weekly*, *142*(JULY), 1–14. https://doi.org/10.4414/smw.2012.13583

Ghazwan, A., Wilson, C., Holt, C. A., & Whatling, G. M. (2022). Knee osteoarthritis alters peri-articular knee muscle strategies during gait. *PLoS ONE*, *17*(1 January), 1–16. https://doi.org/10.1371/journal.pone.0262798

Goh, S. L., Persson, M. S. M., Stocks, J., Hou, Y., Lin, J., Hall, M. C., Doherty, M., & Zhang, W. (2019). Efficacy and potential determinants of exercise therapy in knee and hip osteoarthritis: A systematic review and meta-analysis. *Annals of Physical and Rehabilitation Medicine*, *62*(5), 356–365. https://doi.org/10.1016/j.rehab.2019.04.006

Hame, S. L., & Alexander, R. A. (2013). Knee osteoarthritis in women. *Current Reviews in Musculoskeletal Medicine*, *6*(2), 182–187. https://doi.org/10.1007/s12178-013-9164-0

Hayes, B., Kittelson, A., Loyd, B., Wellsandt, E., Flug, J., & Stevens-Lapsley, J. (2016). Assessing Radiographic Knee Osteoarthritis: An Online Training Tutorial for the Kellgren-Lawrence Grading Scale. *MedEdPORTAL*, 1–5. https://doi.org/10.15766/mep_2374-8265.10503

Hazari, A., Maiya, A. G., & Nagda, T. V. (2021). Kinematics and Kinetics of Knee Joint. *Conceptual Biomechanics and Kinesiology*, 145–163.

https://doi.org/10.1007/978-981-16-4991-2_12

Heidari, B. (2011). Knee osteoarthritis prevalence, risk factors, pathogenesis and features: Part I. *Caspian Journal of Internal Medicine*, *2*(2), 205–212.

Henao-Murillo, L., Pastrama, M. I., Ito, K., & van Donkelaar, C. C. (2021). The Relationship Between Proteoglycan Loss, Overloading-InducedCollagen Damage, and Cyclic Loading in Articular Cartilage. *Cartilage*, *13*(2 Suppl), 1501S. https://doi.org/10.1177/1947603519885005

Hinman, R. S., Heywood, S. E., & Day, A. R. (2007). Aquatic physical therapy for hip and knee osteoarthritis: Results of a single-blind randomized controlled trial. *Physical Therapy*, *87*(1), 32–43. https://doi.org/10.2522/ptj.20060006

Hsu H, S. R. (2022). *Knee Osteoarthritis - StatPearls - NCBI Bookshelf*. StatPearls Publishing LLC. https://www.ncbi.nlm.nih.gov/books/NBK507884/

Im, G. Il, Kwon, O. J., & Kim, C. H. (2014). The Relationship between Osteoarthritis of the Knee and Bone Mineral Density of Proximal Femur: A Cross-Sectional Study from a Korean Population in Women. *Clinics in Orthopedic Surgery*, *6*(4), 420. https://doi.org/10.4055/CIOS.2014.6.4.420

King, L. K., March, L., & Anandacoomarasamy, A. (2013). *Obesity & osteoarthritis*. *63*(August), 185–193.

Kisand, K., Tamm, A. E., Lintrop, M., & Tamm, A. O. (2018). New insights into the natural course of knee osteoarthritis : early regulation of cytokines and growth factors , with emphasis on sex-dependent angiogenesis and tissue remodeling . A pilot study. *Osteoarthritis and Cartilage*, *26*(8), 1045–1054. https://doi.org/10.1016/j.joca.2018.05.009

Lespasio, M. J., Piuzzi, N. S., Husni, M. E., Muschler, G. F., Guarino, A., & Mont, M. A. (2017). Knee Osteoarthritis: A Primer. *The Permanente Journal*, *21*, 1–7. https://doi.org/10.7812/TPP/16-183

Li, F., Wang, Z. Y., Zhang, Z. J., Shen, S. H., Guo, J. Y., Guo, Y. X., Feng, Y. R., Zhang, L., Wen, Y. B., Zhang, Y. F., Fan, Y. M., & Fan, M. M. (2021). In Hamstring Muscles of Patients With Knee Osteoarthritis an Increased Ultrasound Shear Modulus Indicates a Permanently Elevated Muscle Tonus. *Frontiers in Physiology*, *12*. https://doi.org/10.3389/FPHYS.2021.752455

Liu, X. H., Ding, J. Y., Zhu, Z. H., Wu, X. C., Song, Y. J., Xu, X. L., & Ding, D. F. (2022). Recent advances in enzyme-related biomaterials for arthritis treatment. *Frontiers in Chemistry*, *10*. https://doi.org/10.3389/FCHEM.2022.988051

London Knee Clinic. (2014). *Articular cartilage damage*. https://londonkneeclinic.com/knee-problems/articular-cartilage-damage

Lotz, M. K. (2010). New developments in osteoarthritis. Posttraumatic osteoarthritis: Pathogenesis and pharmacological treatment options. *Arthritis Research and Therapy*, *12*(3). https://doi.org/10.1186/ar3046

Madeti, B. K., Chalamalasetti, S. R., & Bolla Pragada, S. K. S. siva rao. (2015). Biomechanics of knee joint — A review. *Frontiers of Mechanical Engineering*, *10*(2), 176–186. https://doi.org/10.1007/s11465-014-0306-x

Mandal, A. (2019). *What is Cartilage?* News-Medical.Net. https://www.news-medical.net/health/What-is-Cartilage.aspx

Marinho-Buzelli, A. R., Bonnyman, A. M., & Verrier, M. C. (2015). The effects of aquatic therapy on mobility of individuals with neurological diseases: A systematic review. *Clinical Rehabilitation*, *29*(8), 741–751. https://doi.org/10.1177/0269215514556297

McConaghy, K., Derr, T., Molloy, R. M., Klika, A. K., Kurtz, S., & Piuzzi, N. S. (2021). Patellar management during total knee arthroplasty: a review. *EFORT Open Reviews*, *6*(10), 861. https://doi.org/10.1302/2058-5241.6.200156

Mieloch, A. A., Richter, M., Trzeciak, T., Giersig, M., & Rybka, J. D. (2019). Osteoarthritis severely decreases the elasticity and hardness of knee joint cartilage: A nanoindentation study. *Journal of Clinical Medicine*, *8*(11), 1–11. https://doi.org/10.3390/jcm8111865

Mishra, P., Pandey, C. M., Singh, U., Gupta, A., Sahu, C., & Keshri, A. (2019). Descriptive Statistics and Normality Tests for Statistical Data. *Annals of Cardiac Anaesthesia*, *22*(1), 67. https://doi.org/10.4103/ACA.ACA_157_18

Mooventhan, A., & Nivethitha, L. (2014). *Scienti fi c Evidence-Based Effects of Hydrotherapy on Various Systems of the Body*. *6*(5). https://doi.org/10.4103/1947-2714.132935

Mora, J. C., Przkora, R., & Cruz-almeida, Y. (2018). *Knee osteoarthritis : pathophysiology and current treatment modalities*. 2189–2196.

Mountain Health and Performance. (2017). *Hamstring Strain/Tendinopathy - Mountain Health & Performance*. Https://Www.Mountainhp.Ca/. https://www.mountainhp.ca/hamstring-straintendinopathy/

Neill, T. W. O., & Felson, D. T. (2018). *Mechanisms of Osteoarthritis (OA) Pain*. 611–616.

Neogi, T. (2013). The Epidemiology and Impact of Pain in Osteoarthritis. *Osteoarthritis and Cartilage / OARS, Osteoarthritis Research Society*, *21*(9), 1145. https://doi.org/10.1016/J.JOCA.2013.03.018

Nuttall, F. Q. (2015). Body mass index: Obesity, BMI, and health: A critical review. *Nutrition Today*, *50*(3), 117–128. https://doi.org/10.1097/NT.0000000000000092

OpenStax College. (2017). *11.6 Appendicular Muscles of the Pelvic Girdle and Lower Limbs - Anatomy and Physiology | OpenStax*. Https://Openstax.Org/. https://openstax.org/books/anatomy-and-physiology/pages/11-6-appendicular-muscles-of-the-pelvic-girdle-and-lower-limbs

Palazzo, C., Nguyen, C., Lefevre-Colau, M. M., Rannou, F., & Poiraudeau, S. (2016).

Risk factors and burden of osteoarthritis. *Annals of Physical and Rehabilitation Medicine*, *59*(3), 134–138. https://doi.org/10.1016/j.rehab.2016.01.006

Papannagari, R., DeFrate, L. E., Nha, K. W., Moses, J. M., Moussa, M., Gill, T. J., & Li, G. (2007). Function of posterior cruciate ligament bundles during in vivo knee flexion. *American Journal of Sports Medicine*, *35*(9), 1507–1512. https://doi.org/10.1177/0363546507300061

Piercy, K., George, S. M., Kraus, W. E., & Activity, P. (2020). *Effects of Physical Activity in Knee and Hip Osteoarthritis: A Systematic Umbrella Review*. *51*(6), 1324–1339. https://doi.org/10.1249/MSS.0000000000001944.Effects

Prieto-alhambra, D., Judge, A., Javaid, M. K., Cooper, C., Diez-perez, A., & Arden, N. K. (2014). *Incidence and risk factors for clinically diagnosed knee , hip and hand osteoarthritis : in fl uences of age , gender and osteoarthritis affecting other joints*. 1659–1664. https://doi.org/10.1136/annrheumdis-2013-203355

Rice, D. A., McNair, P. J., & Lewis, G. N. (2011). Mechanisms of quadriceps muscle weakness in knee joint osteoarthritis: The effects of prolonged vibration on torque and muscle activation in osteoarthritic and healthy control subjects. *Arthritis Research and Therapy*, *13*(5), 1–10. https://doi.org/10.1186/AR3467/FIGURES/5

Schroeder, A., Wang, N., Felson, D. T., Lewis, C. E., Nevitt, M. C., Francisco, S., & Segal, N. A. (2021). *HHS Public Access*. *100*(2), 196–201. https://doi.org/10.1097/PHM.0000000000001587.Knee

Sekome, K., & Maddocks, S. (2019). The short-term effects of hydrotherapy on pain and self-perceived functional status in individuals living with osteoarthritis of the knee joint. *South African Journal of Physiotherapy*, *75*(1), 1–6. https://doi.org/10.4102/sajp.v75i1.476

Sophia Fox, A. J., Bedi, A., & Rodeo, S. A. (2009). The basic science of articular cartilage: Structure, composition, and function. *Sports Health*, *1*(6), 461–468. https://doi.org/10.1177/1941738109350438

Stanford Health Care. (2022). *Types of Knee Ligaments | Stanford Health Care*. Https://Stanfordhealthcare.Org/. https://stanfordhealthcare.org/medical-conditions/bones-joints-and-muscles/knee-ligament-injury/types.html

Structure and Function of the Knee | Musculoskeletal Key. (n.d.). Https://Musculoskeletalkey.Com/. Retrieved March 20, 2023, from https://musculoskeletalkey.com/structure-and-function-of-the-knee/

Tschon, M., Contartese, D., Pagani, S., Borsari, V., & Fini, M. (2021a). *Gender and Sex Are Key Determinants in Osteoarthritis Not Only Confounding Variables . A Systematic Review of Clinical Data*.

Tschon, M., Contartese, D., Pagani, S., Borsari, V., & Fini, M. (2021b). Gender and Sex Are Key Determinants in Osteoarthritis Not Only Confounding Variables. A Systematic Review of Clinical Data. *Journal of Clinical Medicine*, *10*(14), 10. https://doi.org/10.3390/JCM10143178

Tsourlou, T., Benik, A., Dipla, K., Zafeiridis, A., & Kellis, S. (2006). The effects of a twenty-four-week aquatic training program on muscular strength performance in healthy elderly women. *Journal of Strength and Conditioning Research*, *20*(4), 811–818. https://doi.org/10.1519/R-18455.1

van der Kraan, P. M., & van den Berg, W. B. (2007). Osteophytes: relevance and biology. *Osteoarthritis and Cartilage*, *15*(3), 237–244. https://doi.org/10.1016/J.JOCA.2006.11.006

Veronese, N., Koyanagi, A., Stubbs, B., Cooper, C., Guglielmi, G., Rizzoli, R., Punzi, L., Rogoli, D., Caruso, M. G., Rotolo, O., Notarnicola, M., Al-Daghri, N., Smith, L., Reginster, J.-Y., & Maggi, S. (2020). Mediterranean Diet and KNEE Osteoarthritis Outcomes: a Longitudinal Cohort Study The Cambridge Centre for Sport and Exercise Sciences, Anglia Ruskin Europe PMC Funders Group. *Clinical Nutrition*, *38*(6), 2735–2739.

Wang, S. X., Ganguli, A. X., Bodhani, A., Medema, J. K., Reichmann, W. M., & Macaulay, D. (2017). Healthcare resource utilization and costs by age and joint location among osteoarthritis patients in a privately insured population. *Journal of Medical Economics*, *20*(12), 1299–1306. https://doi.org/10.1080/13696998.2017.1377717

Weleslassie, G. G., Temesgen, M. H., Alamer, A., Tsegay, G. S., Hailemariam, T. T., & Melese, H. (2021). Effectiveness of Mobilization with Movement on the Management of Knee Osteoarthritis: A Systematic Review of Randomized Controlled Trials. *Pain Research & Management*, *2021*. https://doi.org/10.1155/2021/8815682

Wilson, C. (n.d.). *Knee Joint Anatomy: Structure, Function & Injuries - Knee Pain Exp*. Knee-Pain-Explained.Com. Retrieved March 19, 2023, from https://www.knee-pain-explained.com/knee-joint-anatomy.html

Wluka, A. E., Wolfe, R., Stuckey, S., & Cicuttini, F. M. (2004). How does tibial cartilage volume relate to symptoms in subjects with knee osteoarthritis? *Annals of the Rheumatic Diseases*, *63*(3), 264–268. https://doi.org/10.1136/ARD/2003.007666

Zheng, H., & Chen, C. (2015). Body mass index and risk of knee osteoarthritis: Systematic review and meta-analysis of prospective studies. *BMJ Open*, *5*(12). https://doi.org/10.1136/bmjopen-2014-007568