

DAFTAR PUSTAKA

- Alfredson H, Lorentzon R. (2000). Chronic Achilles tendinosis recommendations for treatment and prevention. *Sports Med.* 2000;29(2):135-146.
- Alfredson H, Pietila T, Jonsson P, Lorentzon R. (1998). Heavy-load eccentric calf muscle training for the treatment of chronic Achilles tendinosis. *Am J Sports Med.* 1998;26(3):360-366.
- Fahlstrom M, Jonsson P, Lorentzon R, Alfredson H. (2003). Chronic Achilles tendon pain treated with eccentric calf-muscle training. *Knee Surg Sports Traumatol Arthrosc.* 2003;11(5):327-333.
- Hannam, S., (1985). Women's Basketball Jump Training Circuit. Department Indiana University, Assembly Hall Bloomington, Indiana 47405.
- Hariyanto, Agus. (2010). Pengaruh Pelatihan Box Jump, Squat Thrust, dan Rope Jump, dengan Metode Interval Training Terhadap Power, Kelincahan, dan Kecepatan Reaksi. Disertasi. Surabaya : Universitas Negeri Surabaya
- Hinman M. (2019). Validity and reliability of a 10 second foot-tap test in older adults. *MOJ Gerontol Ger.* 2019;4(1):42-46
- Kvist M. (1994). Achilles tendon injuries in athletes. *Sport Med* 18 : 173-201, 1994.
- Ohberg L. (2004). Eccentric training in patients with chronic Achilles tendinosis: normalised tendon structure and decreased thickness at follow up. *Br J Sports Med.* 2004;38(1):8-11.
- Ozer, D., Duzgun, I., Baltaci, G., Karacan, S., dan Colakoglu, F. (2011). The Effects Of Rope Or Weighted Rope Jump Training On Strength, Coordination And Proprioception In Adolescent Female Volleyball Players. *The Journal Of Sports Medicine And Physical Fitness.* Vol. 51 No. 2. Tahun 2011.
- Riyadi, Slamet. (2008). Pengaruh Metode Latihan dan Kekuatan Terhadap Power Otot Tungkai. Tesis Tidak Diterbitkan. Surakarta. Universitas Sebelas Maret Surakarta.
- Robroy L Martin, Ruth C, Tyler C, Jeff H, J.W. Matheson, Christine M, Mcdonough, Stephen P, Dane K Wukich, Christopher R. Carcia. (2019).

Achilles Pain, Stiffness, and Muscle Power Deficits: Midportion Achilles Tendinopathy Revision 2018. J Orthop Sports Phys Ther. 2018;48(5):A1-A38.

Shamay S. M. Ng, Mimi M. Y. Tse, Eric W. C. Tam & Cynthia Y. Y. Lai (2018): The psychometric properties of the toe tap test in people with stroke, Disability and Rehabilitation