

DAFTAR PUSTAKA

- Akinpelu. A.D/. 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, Collage of Medicine, University of Ibadan. Ibadan.
- Alfin Hamdy, 2010. *Fisioterapi pada Penderita LBP Akibat Spondylosis*. Makassar : Artikel Ilmiah.
- Arifin, S, Yani, S. 2013. *Atlas Anatomi Otot Manusia Untuk Fisioterapi*. Jakarta : PT. Sejahtera.
- Aswin, S. 2003. Pengaruh Proses Menua Terhadap Sistem Musculoskeletal dalam W. Rochmah (ed) : *Naskah Lengkap Simposium Gangguan Muscuylkeletal*. Fakultas Kedokteran Universitas Gadjah Mada. Yogyakarta, hal. 10-20.
- Bompa, Tudor. 2000. *Theory and Metodology of Training*. Iowa: Kendall Hunt Publishing Company.
- Carpenito, Lynda Juall. 2000. *Buku Diagnosa Keperawatan*. Editor Monita Ester. Jakarta : EGC.
- Cornbleet. S.L., Woolsey. 2006. Assessment of Hamstring Muscle Length in School – aged Children Using the Sit-and-Reach Test and the Inclinomometer Measure of Hip Joint Angle. *PHYSTHER*76:850-855. Netherlands. APTA journal.
- Corrigan. B, Maitland. G.D. 2000. *Musculoskeletal & Sports Injuries*. Great Britain. Reed Educational & Profesional Publishing.
- D. Beckers, M.Buck, *Het PNF Concept in de Praktijk*, Hoenbroek, 2000.
- Don W. Fawcett, M.D. 2014. *Connective Tissue*. The New Encyclopedia Britannica. 23:956-975. Chicago, USA.
- Evelyn, P. 2002. *Anatomi dan Fisiologi untuk Paramedis*. EGC. Jakarta.
- Faiz, Omar. 2004. *At a Glance Anatomy*. Jakarta : Erlangga.
- Feland, B.J. and Myrer, W. And merrill, R.M. 2001. *Acute changes in hamstring flexibility: PNF versus static stretch in senior athletes*.doi:10.1054/ptsp.2010.0076 Dikutif 14/08/2013 186 Physical Therapy in Sport (2001)2, 186 ± 193c 2000 Harcourt Publishers Ltd.

- Frank CB, Jackson DW. Current Concept Review-The Science of Reconstruction of the Anterior Cruciate Ligament. *J Bone Surg (Am)* 1997;79;1556-76
- George, J., Tunstall, A., Tepe, R., Skaggs, C. “*The Effects of Active Release Technique on Hamstring Flexibility*”, diterbitkan pada *Journal of Manipulative and Physiological Therapeutics*, Vol 29, hal 224-227, 2009.
- Gilbert WG, McHugh MP. *Flexibility and Its Effects On Sports Injury and Performance, Sports Medicine*. 2013;24;289-299.
- Guyton, 2007. *Buku Ajar Fisiologi Kedokteran, edisi II*. Jakarta : EGC.
- Hadiwijaja, S. 2008. *Anatomi Ekstremitas, Seri Ekstremitas Inferior*. Jakarta. UIEU University Press.
- Hendriko. 2012. *Profil Fleksibilitas Otot Hamstring pada Atlet Voli Koni Provinsi DKI Jakarta, Studi Pendahuluan Untuk Evaluasi Pencegahan Cedera Olahraga*. Jakarta. Program Studi Ilmu Kedokteran Fisik dan Rehabilitasi Universitas Indonesia.
- Hoeger, Warner W.K., Hoeger, Sharon. A. *Fitness and Wellness*. Cengage Learning: 2010.
- Irawati, Tengadi Snatoso. 2007. *Fisiologi Kedokteran*. Jakarta : Kedokteran EGC.
- Jenkins, L. 2005. *Mazimzing Range of Motion In Older Adult*. *The Journal on Active Aging*. January February, 50-5.
- Kado Deborah M, Prenovost Katherine, Crandall Carolyn. Narrative Review: Hyperkyphosis in Older Persons. *Ann Intern Med*. 2007;147;330-338
- Kischner Carolyn and Colby Allen Lynn, *Therapeutic Exercise Foundations and Techniques*, (Fifth Edition, Philadelphia: F.A Davis Company, 2007).
- Kozier, B., Erb, G. And Blais, K. 2004. *Fundamental of Nursing, Concepts, Process and Practice*. California : Addison Wesley Publishing.
- Lesmana, S, Indra. 2007. *Anatomi dan Biomekanik*. Jakarta : Materi Kuliah Fisioterapi Esa Unggul.
- 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.

- Mattes, A.L, “*Active Isolated Stretching*,” GC Life Center 4 Health-Pain Relief Center diakses 15 Desember 2010.
- Mackenzie. 2000. *Sit And Rich Test* available at <http://users.rowan.edu/SitAndReachTest.pdf>
- M. Irfan, Natalia, “*Beda Pengaruh Auto Stretching dengan Contract Relax Stretching Terhadap Penambahan Panjang Otot Hamstring*”, Jakarta, 2008.
- 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 Function*. St. Louis. Elsevier.
- Odunaiya, N.A., Hamzat T.K., Ajayi OF, “*The Effects of Static Stretch Duration on the flexibility of Hamstring Muscles*,” Africans Journal of Biomedical research, Vol.8 (2005): 79-82. Ibadan, 2005.
- Papalia, old. 2001. *Perkembangan pada Remaja*. Jakarta : Rineka Cipta.
- Parjoto, Slamet. *Assesment Fisioterapi pada Osteoarthritis Sendi Lutut*. Dalam Pertemuan Rutin TITAFI XV, Semarang 2-4 Oktober 2000.
- Pocock, Stuart, J, “*Clinical Trial A Practical Approach*,” John Wiley & Sons, England, 2008.
- Pramana, Indra, “*Cidera dalam Olahraga*,” Artikel Karya Ilmiah, Fakultas Kedokteran Universitas Diponegoro, Semarang, 2007.
- Rahmiati, Fetri. 2013. “*Pengaruh Active Isolated Stretching dengan Hold Relax Stretching Terhadap Fleksibilitas Otot Hamstring Pada Pemain Futsal*.” Skripsi. Surakarta : Program Studi Fisioterapi. Fakultas Ilmu Kesehatan Universitas Muhammadiyah Surakarta.
- Robert McAtee. 2014. *Facilitated Stretching* : Gramedia.
- Roubenoff et al, 2000. Aging of Skeletal Muscle. a : 12-yr longitudinal study : Longitudinal Aging Muscle, 88: 1321-1326.
- Sherwood, L. 2001. *Fisiologi Manusia, dari Sel ke Sistem*. Jakarta. Penerbit Buku Kedokteran EGC.
- Singh, Arum P. 2009. *Passive and Auto Stretching of Soft Tissue of Manipulative Therapy in Pain Management*, Dikutif 30/04/2013.
- Sloane. 2004. *Anatomi dan Fisiologi untuk Pemula*. Jakarta : EGC.

- Stuart B, Porte. 2013. *Tidy's Physiotherapy* : Gramedia.
- Suharjana. 2004. *Kebugaran Jasmani*. FIK UNY. Yogyakarta.
- Syaifuddin. 2013. *Anatomi Tubuh Manusia*. Jakarta. Salemba Medika.
- Taylor, P.M, Tailor DK, "Mencegah dan Mengatasi Cedera Olahraga," (Jamal Khabib, Pentj). Jakarta. 2007.
- 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 Istanbul University.* Doi:10.3944/AOTT.2009.113. Istanbul. Acta Orthop Traumatol.
- Trisnowiyanto, B. 2004. *Fisiologi Latihan*. Surakarta : Kedokteran EGC.
- Urniaz. 2009. *The Influence of Physical Activity on Body Composition and The Level of Student's Flexibility*, journal Sit and Reach Test.
- Wahyuni, D.P. 2008. *Latihan Peregangan untuk Meningkatkan Fleksibilitas Otot dalam Olah Raga*, Volume XV no.3, Desember. Meridian.
- Wismanto, "Pelatihan Metode Active Isolated Stretching Lebih Efektif Daripada Contract Relax Stretching Dalam Meniingkatkan Fleksibilitas Otot Hamstring", Bandung, 2013.
- World health Organization, Programmes and Projects : International Classification of Functioning, Disability and Health (ICF), 2001, available at <http://apps.who.int/classifications/icfbrowser/>
- Yulianto W, Heru P, *Segi Kepraktisan PNF*, Seminar Profisio, IFI, Jakarta, 2002.
- Dina. 2009. *Zoologi Umum*. PT Gelora Aksara Pratama. Jakarta (Online) diakses 8 Mei 2014.
- Gagliardi, C., 2012. What's The Difference between Autogenic and Reciprocal Inhibition. (Online). Tersedia:<http://www.acefitness.org> (Diakses 30 Agustus 2014).
- Hasyim, I., 2008. Reseptor Otot. (Online). Tersedia:<http://binhasyim.wordpress.com> (Diakses 30 Agustus 2014).
- Luqmanul Hakim. (2013). Metode Latihan Meningkatkan Fleksibilitas. Diperoleh 20 September 2014. Dari <https://www.scribd.com/doc/138984249/Metode-Latihan-Meningkatkan-Fleksibilitas-11>

- Michaud, T., 2011. Training To Prevent Hamstring Injuries. (Online). Tersedia:<http://movement-as-medicine.com/training-to-prevent-hamstring-injury/> (Diakses 30 Agustus 2014).
- Mooney, J., 2009. Quadriceps Femoris. (Online). Tersedia:<http://medical-dictionary.thefreedictionary.com/quadriceps+femoris> (Diakses 30 Agustus 2014).
- Quinn, E, 2009. Muscle Fiber Contraction-Three Different Types, available at <http://sportsmedicine.about.com>.
- Setyawan, Hendry, 2011. *Stretching Otot Hamstring* available at <http://physio.indonusa.ac.id/>
- Stephen, M. P, 2006, "Hamstring pulls and Tears: Prevention and Treatment," <http://www.drpribut.com/sports/hamstring.html>. (Diakses 28 Februari 2010).
- Whittle, Michael W. 2001. Terminology Used In Gait Analisis-Normal Gait-Gait. Analisis an Introduction available at <http://www.elsevier.com>
- Winston, 2010. *Muscle Spindle* available at <http://www.unm.edu/>
- Yuli. 2013. Hamstring Pada Pelari. Diperoleh 23 september 2014. available at <http://physioyuli.com/2013/03/hamstring-sore-pada-pelari-sprinter.html>.