

DAFTAR PUSTAKA

- Bronstein, A.M., *et all.* (2004). *Clinical disorder of balance, posture & gait*. New York: Oxford University Press
- Darmojo, B. (2014). *Buku ajar Boedhi-Darmojo geriatric (ilmu kesehatan usia lanjut)*. Jakarta: Badan Penerbit FKUI
- Fatimah. (2010). *Merawat manusia lanjut usia*. Jakarta: CV. Trans Info Media
- Hao Liu. (2007). Tai chi a balance improvement exercise for older adults: a systematic review
- Irfan, M. (2010). *Fisioterapi bagi insan stroke*. Yogyakarta: Graha Ilmu
- Ishigaki, E.Y., *et all.* (2013). Effectiveness of muscle strengthening and description of protocols for preventing falls in the elderly: a systematic review. *Brazilian Journal of Physical Therapy*.
- Kisner, C. (2012). *Therapeutic exercise: foundations and techniques, sixth edition*. Philadelphia: F.A. Davis Company
- Lee, I.H., *et all.* (2013). Balance improvement by strength training for the elderly. *J.Phys.Ther.Sci.* 25: 1591-1593
- Maryam, R.S., *et all.* (2010). *Asuhan keperawatan pada lansia*. Jakarta: CV. Trans Info Media
- Nejc, S., *et all.* (2013). Strength Training in Elderly People Improves Static Balance: a Randomized Controlled Trial. *European Journal Translational Myology*. 23 (3): 85-89

Nitz, J., et all. (2004). *Physiotherapy practice in residential aged care*. USA: Butterworth Heinemann

Pudjiastuti, S.S.,& Utomo, B. (2003). *Fisioterapi pada lansia*. Jakarta: Penerbit Buku Kedokteran EGC

Utomo., et all. (2009). Uji Validitas Kriteria Time Up and Go test (TUG) Sebagai Alat Ukur Keseimbangan Pada Lansia. *Jurnal Fisioterapi*. Volume 9. Nomor 2 : Oktober 2009: halaman 86-93

Utomo., et all. (2012). Peningkatan kekuatan, fleksibilitas dan keseimbangan otot lanjut usia melalui senam mandiri. *Jurnal Terpadu Ilmu Kesehatan*. Jilid 2. November 2012: halaman 7-12

Wardhani., et all. (2011). Kekuatan otot dan mobilitas usia lanjut setelah latihan penguatan isotonic quadriceps femoris di rumah. *Majalah Kedokteran Indonesia*. Volume 61. Nomor 1 : Januari 2011

Wong, A.M., et all.(2001). Coordination exercise and postural stability in elderly people. *Arch Phys Med Rehabil* vol 82. 608-612