

## DAFTAR PUSTAKA

- Amran Hossain, K. M., Haque, O., Rahman, M. H., & Hossain, M. A. (2019). Evidence Based Physiotherapy Guideline for Conservative Management of Ankle Sprain. *Biomedical Journal of Scientific & Technical Research*, 23(2), 17331–17336. <https://doi.org/10.26717/BJSTR.2019.23.003885>
- Andarawis-Puri, N., Flatow, E. L., & Soslowsky, L. J. (2015). Tendon Basic Science: Development, Repair, Regeneration, and Healing. *Journal of Orthopaedic Research : Official Publication of the Orthopaedic Research Society*, 33(6), 780. <https://doi.org/10.1002/JOR.22869>
- Anguish, B., & Sandrey, M. A. (2018). Two 4-Week Balance-Training Programs for Chronic Ankle Instability. *Journal of Athletic Training*, 53(7), 662–671. <https://doi.org/10.4085/1062-6050-555-16>
- Bonnel, F., Toullec, E., Mabit, C., & Tourné, Y. (2010). Chronic ankle instability: biomechanics and pathomechanics of ligaments injury and associated lesions. *Orthopaedics & Traumatology, Surgery & Research : OTSR*, 96(4), 424–432. <https://doi.org/10.1016/J.OTSR.2010.04.003>
- Burcal, C. J., Jeon, H., Gonzales, J. M., Faust, M. E., Thomas, A. C., Hubbard-Turner, T. J., & Wikstrom, E. A. (2019). Cortical measures of motor planning and balance training in patients with chronic ankle instability. *Journal of Athletic Training*, 54(6), 727–736. <https://doi.org/10.4085/1062-6050-450-17>
- Burcal, C. J., Trier, A. Y., & Wikstrom, E. A. (2017). Balance Training Versus Balance Training With STARS in Patients With Chronic Ankle Instability: A Randomized Controlled Trial. *Journal of Sport Rehabilitation*, 26(5), 347–357. <https://doi.org/10.1123/JSR.2016-0018>
- Dabadghav, R. (2016). Treating lateral ankle sprain in basketball players - a physiotherapists prospective. *JSM Foot & Ankle*, 1(1), 1002. <https://www.jsmedcentral.com/FootAnkle/footankle-1-1002.pdf>
- Delahunt, E., Bleakley, C. M., Bossard, D. S., Caulfield, B. M., Docherty, C. L., Doherty, C., Fourchet, F., Fong, D. T., Hertel, J., Hiller, C. E., Kaminski, T. W., McKeon, P. O., Refshauge, K. M., Remus, A., Verhagen, E., Vicenzino, B. T., Wikstrom, E. A., & Gribble, P. A. (2018). Clinical assessment of acute lateral ankle sprain injuries (ROAST): 2019 consensus statement and recommendations of the International Ankle Consortium. *British Journal of Sports Medicine*, 52(20), 1304–1310. <https://doi.org/10.1136/BJSPORTS-2017-098885>
- Doherty, C., Delahunt, E., Caulfield, B., Hertel, J., Ryan, J., & Bleakley, C. (2014). The incidence and prevalence of ankle sprain injury: a systematic review and meta-analysis of prospective epidemiological studies. *Sports Medicine (Auckland, N.Z.)*, 44(1), 123–140. <https://doi.org/10.1007/S40279-013-0102-5>
- Dunsky, A. (2019). The Effect of Balance and Coordination Exercises on Quality of Life in

- Older Adults: A Mini-Review. *Frontiers in Aging Neuroscience*, 11. <https://doi.org/10.3389/FNAGI.2019.00318>
- Golanó, P., Vega, J., de Leeuw, P. A. J., Malagelada, F., Manzanares, M. C., Götzens, V., & van Dijk, C. N. (2010). Anatomy of the ankle ligaments: a pictorial essay. *Knee Surgery, Sports Traumatology, Arthroscopy*, 18(5), 557. <https://doi.org/10.1007/S00167-010-1100-X>
- Hall, E. A., Chomistek, A. K., Kingma, J. J., & Docherty, C. L. (2018). Balance- and strength-training protocols to improve chronic ankle instability deficits, part II: Assessing patient-reported outcome measures. *Journal of Athletic Training*, 53(6), 578–583. <https://doi.org/10.4085/1062-6050-387-16>
- Hall, E. A., Docherty, C. L., Simon, J., Kingma, J. J., & Klossner, J. C. (2015). Strength-training protocols to improve deficits in participants with chronic ankle instability: a randomized controlled trial. *Journal of Athletic Training*, 50(1), 36–44. <https://doi.org/10.4085/1062-6050-49.3.71>
- Halvarsson, A., Dohrn, I. M., & Ståhle, A. (2015). Taking balance training for older adults one step further: the rationale for and a description of a proven balance training programme. *Clinical Rehabilitation*, 29(5), 417–425. <https://doi.org/10.1177/0269215514546770>
- Harcourt-Smith, W. E. H., Tallman, M., Frost, S. R., Wiley, D. F., Rohlf, F. J., & Delson, E. (2008). Analysis of Selected Hominoid Joint Surfaces Using Laser Scanning and Geometric Morphometrics: A Preliminary Report. *Vertebrate Paleobiology and Paleoanthropology*, 9781402069963, 373–383. [https://doi.org/10.1007/978-1-4020-6997-0\\_17](https://doi.org/10.1007/978-1-4020-6997-0_17)
- Harper, M. C. (1991). The lateral ligamentous support of the subtalar joint. *Foot & Ankle*, 11(6), 354–358. <https://doi.org/10.1177/107110079101100604>
- Hauser, R. A. (2013). Ligament Injury and Healing: A Review of Current Clinical Diagnostics and Therapeutics. *The Open Rehabilitation Journal*, 6(1), 1–20. <https://doi.org/10.2174/1874943701306010001>
- Hoch, M. C., Andreatta, R. D., Mullineaux, D. R., English, R. A., Medina McKeon, J. M., Mattacola, C. G., & McKeon, P. O. (2012). Two-week joint mobilization intervention improves self-reported function, range of motion, and dynamic balance in those with chronic ankle instability. *Journal of Orthopaedic Research*, 30(11), 1798–1804. <https://doi.org/10.1002/jor.22150>
- Hsu, H., & Nallamotheu, S. V. (2021). Ankle Splinting. *StatPearls*. <https://www.ncbi.nlm.nih.gov/books/NBK507726/>
- Huber, T., Schmoelz, W., & Bölderl, A. (2012). Motion of the fibula relative to the tibia and its alterations with syndesmosis screws: A cadaver study. *Foot and Ankle Surgery*, 18(3), 203–209. <https://doi.org/10.1016/J.FAS.2011.11.003>
- Kaminski, T. W., Hertel, J., Amendola, N., Docherty, C. L., Dolan, M. G., Hopkins, J. T., Nussbaum, E., Poppy, W., & Richie, D. (2013). National Athletic Trainers' Association

- position statement: conservative management and prevention of ankle sprains in athletes. *Journal of Athletic Training*, 48(4), 528–545. <https://doi.org/10.4085/1062-6050-48.4.02>
- Kim, S. K., Kleimeyer, J. P., Ahmed, M. A., Avins, A. L., Fredericson, M., Dragoo, J. L., & Ioannidis, J. P. A. (2017). Two genetic loci associated with ankle injury. *PloS One*, 12(9). <https://doi.org/10.1371/JOURNAL.PONE.0185355>
- Kisner, C., & Colby, L. A. (2012). The Ankle and Foot. In *Therapeutic Exercise: Foundations and Techniques*, 6e. McGraw-Hill Education. <http://fadaavispt.mhmedical.com/content.aspx?aid=1134934730>
- Koldenhoven, R. M., Jaffri, A. H., DeJong, A. F., Abel, M., Hart, J., Saliba, S., & Hertel, J. (2021). Gait biofeedback and impairment-based rehabilitation for chronic ankle instability. *Scandinavian Journal of Medicine and Science in Sports*, 31(1), 193–204. <https://doi.org/10.1111/sms.13823>
- Krähenbühl, N., Burssens, A., Davidson, N. P., Allen, C. M. C., Henninger, H. B., Saltzman, C. L., & Barg, A. (2019). Can Weightbearing Computed Tomography Scans Be Used to Diagnose Subtalar Joint Instability? A Cadaver Study. *Journal of Orthopaedic Research®*, 37(11), 2457–2465. <https://doi.org/10.1002/JOR.24420>
- Kris, K., Marta, A., Kawiya, I. K. S., Kris, K., & Marta, A. (2016). Management of Acute Ankle Sprain : A Literature Review Faculty of Medicine , Udayana University , Bali-Indonesia Head of Orthopedics and Traumatology Study Program of Faculty of Medicine of Udayana University , Sanglah Public Hospital of Denpasar , Bali-I. *Biomedical Science*, 10(2), 20–26. [https://ijbs-udayana.org/index.php/ijbs/article/viewFile/130/pdf\\_15](https://ijbs-udayana.org/index.php/ijbs/article/viewFile/130/pdf_15)
- Marshall, I. J., & Wallace, B. C. (2019). Toward systematic review automation: a practical guide to using machine learning tools in research synthesis. *Systematic Reviews*, 8(1). <https://doi.org/10.1186/S13643-019-1074-9>
- Martin, R. L., Davenport, T. E., Paulseth, S., Wukich, D. K., & Godges, J. J. (2013). Ankle stability and movement coordination impairments: ankle ligament sprains. *The Journal of Orthopaedic and Sports Physical Therapy*, 43(9). <https://doi.org/10.2519/JOSPT.2013.0305>
- Matheny, L. M., & Clanton, T. O. (2020). Rasch Analysis of Reliability and Validity of Scores From the Foot and Ankle Ability Measure (FAAM). *Foot and Ankle International*, 41(2), 229–236. <https://doi.org/10.1177/1071100719884554>
- McCriskin, B. J., Cameron, K. L., Orr, J. D., & Waterman, B. R. (2015). Management and prevention of acute and chronic lateral ankle instability in athletic patient populations. *World Journal of Orthopedics*, 6(2), 161–171. <https://doi.org/10.5312/WJO.V6.I2.161>
- Mettler, A., Chinn, L., Saliba, S. A., McKeon, P. O., & Hertel, J. (2015). Balance training and center-of-pressure location in participants with chronic ankle instability. *Journal of Athletic Training*, 50(4), 343–349. <https://doi.org/10.4085/1062-6050-49.3.94>
- Moher, D., Shamseer, L., Clarke, M., Gherzi, D., Liberati, A., Petticrew, M., Shekelle, P., Stewart, L. A., Estarli, M., Barrera, E. S. A., Martínez-Rodríguez, R., Baladia, E., Agüero,

- S. D., Camacho, S., Buhning, K., Herrero-López, A., Gil-González, D. M., Altman, D. G., Booth, A., ... Whitlock, E. (2015). Preferred reporting items for systematic review and meta-analysis protocols (PRISMA-P) 2015 statement. *Systematic Reviews*, 4(1), 148–160. <https://doi.org/10.1186/2046-4053-4-1>
- Najafipour, F., Najafipour, F., & Ahmadi, A. (2014). Ankle Sprains at a Military Male School: Taping Versus Bracing. *Journal of Archives in Military Medicine*, 2(3). <https://doi.org/10.5812/JAMM.22517>
- National Heart, Lung, and Blood Institute (NHLBI) | National Institutes of Health (NIH). (n.d.). Retrieved January 17, 2022, from <https://www.nih.gov/about-nih/what-we-do/nih-almanac/national-heart-lung-blood-institute-nhlbi>
- Nuhmani, S., & Khan, M. H. (2014). Lateral ankle sprain: A review. *Saudi Journal of Sports Medicine*, 14(1), 14. <https://doi.org/10.4103/1319-6308.131588>
- Paulsen, F. W. H. H. J. W. G. G. (2012). *SOBOTTA : Atlas Anatomi Manusia, Organ-Organ Dalam Jilid 2 Edisi 23*. [http://perpus.poltekkesjkt2.ac.id/index.php?p=show\\_detail&id=3314&keywords=](http://perpus.poltekkesjkt2.ac.id/index.php?p=show_detail&id=3314&keywords=)
- Petersen, W., Rembitzki, I. V., Koppenburg, A. G., Ellermann, A., Liebau, C., Brüggemann, G. P., & Best, R. (2013). Treatment of acute ankle ligament injuries: a systematic review. *Archives of Orthopaedic and Trauma Surgery*, 133(8), 1129–1141. <https://doi.org/10.1007/S00402-013-1742-5>
- Peterson, L., Peterson, L., & Renstrom, P. A. F. H. (2016). *Sports Injuries : Prevention, Treatment and Rehabilitation, Fourth Edition*. <https://doi.org/10.1201/9781315382234>
- Powden, C. J., Hoch, J. M., Jamali, B. E., & Hoch, M. C. (2019). A 4-week multimodal intervention for individuals with chronic ankle instability: Examination of disease-oriented and patient-oriented outcomes. *Journal of Athletic Training*, 54(4), 384–396. <https://doi.org/10.4085/1062-6050-344-17>
- Shawen, S. B., Dworak, T., & Anderson, R. B. (2016). Return to Play Following Ankle Sprain and Lateral Ligament Reconstruction. *Clinics in Sports Medicine*, 35(4), 697–709. <https://doi.org/10.1016/J.CSM.2016.05.012>
- Siswanto, S. (2012). Systematic Review Sebagai Metode Penelitian Untuk Mensintesis Hasil-Hasil Penelitian (Sebuah Pengantar). *Buletin Penelitian Sistem Kesehatan*, 13(4 Okt). <https://doi.org/10.22435/bpsk.v13i4>
- Spencer Cain, M., Ban, R. J., Chen, Y. P., Geil, M. D., Goerger, B. M., & Linens, S. W. (2020). Four-week ankle-rehabilitation programs in adolescent athletes with chronic ankle instability. *Journal of Athletic Training*, 55(8), 801–810. <https://doi.org/10.4085/1062-6050-41-19>
- Supartono, B., & Abdurrahman, M. (2015). Kaleidoskop RSON Tahun 2015. *Media Informasi RSON Edisi Kelima Tahun II*, 12-13. 31.
- Supartono, B., Ferandianto, & Sari, R. (2016). Gambaran Postur Tubuh Peserta Seleksi

- Kesehatan Pemuda Berprestasi Tahun 2016. *Artikel Ilmiah Media Informasi RSON*, 7, 37–42.
- Supartono, B., & Shifa Azzahra. (2021). Mengapa ankle sprain pada atlet sering kambuh ? perlukah di operasi ? Basuki Supartono, Shifa Azzahra. *Kedokteran, Jurnal Kuala, Syiah*, 21(3). <https://doi.org/10.24815/jks.v21i3.20726>
- Terada, M., Pietrosimone, B. G., & Gribble, P. A. (2013). Therapeutic interventions for increasing ankle dorsiflexion after ankle sprain: A systematic review. *Journal of Athletic Training*, 48(5), 696–709. <https://doi.org/10.4085/1062-6050-48.4.11>
- The Joanna Briggs Institute. (2017). Checklist for Quasi-Experimental Studies. *The Joanna Briggs Institute*, 1–18.
- Thompson, J. C. (2015). *Netter's concise orthopaedic anatomy*.
- Tran, K., & Argáez, C. (2020). External Supports for the Treatment of Ankle Sprain: A Review of Clinical Effectiveness. *External Supports for the Treatment of Ankle Sprain: A Review of Clinical Effectiveness*. <https://www.ncbi.nlm.nih.gov/books/NBK563450/>
- Turley, K., & Frost, S. R. (2014). The Appositional Articular Morphology of the Talo-crural Joint: The Influence of Substrate Use on Joint Shape. *The Anatomical Record*, 297(4), 618–629. <https://doi.org/10.1002/AR.22879>
- Uman, L. S. (2011). Systematic Reviews and Meta-Analyses. *Journal of the Canadian Academy of Child and Adolescent Psychiatry*, 20(1), 57. <https://doi.org/10.1016/j.revmed.2014.05.011>
- Van Ochten, J. M., Van Middelkoop, M., Meuffels, D., & Bierma-Zeinstra, S. M. A. (2014). Chronic complaints after ankle sprains: a systematic review on effectiveness of treatments. *The Journal of Orthopaedic and Sports Physical Therapy*, 44(11), 862–871. <https://doi.org/10.2519/JOSPT.2014.5221>
- Walter, W. R., Hirschmann, A., Alaia, E. F., Tafur, M., & Rosenberg, Z. S. (2019). Normal anatomy and traumatic injury of the midtarsal (Chopart) joint complex: An imaging primer. *Radiographics*, 39(1), 136–152. <https://doi.org/10.1148/RG.2019180102/ASSET/IMAGES/LARGE/RG.2019180102.F1G22.JPEG>
- Wright, C. J., Linens, S. W., & Cain, M. S. (2017). A Randomized Controlled Trial Comparing Rehabilitation Efficacy in Chronic Ankle Instability. *Journal of Sport Rehabilitation*, 26(4), 238–249. <https://doi.org/10.1123/JSR.2015-0189>