

DAFTAR PUSTAKA

- Aithal Padur, A., Kumar, N., Lewis, M. G., & Sekaran, V. C. (2021). Morphometric analysis of patella and patellar ligament: a cadaveric study to aid patellar tendon grafts. *Surgical and Radiologic Anatomy*, 43(12), 2039–2046.
<https://doi.org/10.1007/s00276-021-02837-z>
- AITKEN, N. (2018). *No Title*. MARCH 2, 2018.
<https://blog.rugbystore.co.uk/quadriceps-injury-comprehensive-recovery-guide/>
- Al-Mahmood, M. R., Uddin, M. T., Islam, M. T., Fuad, S. M., & Rahman Shah, T. (2022). Correlation between goniometric measurements of range of motion and radiographic scores in osteoarthritis knee: An observational study among females. *Medicine (United States)*, 101(32), E29995.
<https://doi.org/10.1097/MD.00000000000029995>
- Allan, B. (2020). *No Title*. <https://www.skimble.com/exercises/35813-heel-slide-how-to-do-exercise>
- Amalia Yunia Rahmawati. (2020). *Anatomi Femur Proksimal*. July, 1–23.
- Anatomik, A. L., & Özellikleri, R. (2020). *Anatomical , Biomechanical and Radiological Characteristics of Anterolateral Ligament*. 7(2), 111–115.
- Anatomy.app. (2022). *No Title*. 2018. <https://anatomy.app/encyclopedia/knee-joint>
- Andica Apriannisa, & Angga Setiawan. (2023). Teknik Pemeriksaan Cruris Dextra Dengan Klinis Fraktur Di Instalasi Radiologi Rumah Sakit Muhammadiyah Ahmad Dahlan. *Strada Journal of Radiography*, 1(2), 38–41.
<https://doi.org/10.30994/sjr.v1i2.36>
- Arum, S. (2019). Generasi Berkualitas. In *Jurnal Ilmiah Kesehatan*.
- Astiti Suadnyana, I. A., Novianti, I. G. A. S. W., Thanaya, S. A. P., Suharsono, A., & Setiawan, E. (2022). Efforts to reduce the risk of anterior cruciate ligament injury through isometric quadriceps exercise. *Journal Sport Area*, 7(3), 445–455. [https://doi.org/10.25299/sportarea.2022.vol7\(3\).10588](https://doi.org/10.25299/sportarea.2022.vol7(3).10588)
- Austin, M. S., & de Jesus, D. (2024). Patella fracture after total knee arthroplasty. *Seminars in Arthroplasty JSES*, 17(1), 6–8.
<https://doi.org/10.1053/j.sart.2006.01.002>
- Azzahra, A., Puspitarani, A., Sativani, Z., & Pahlawi, R. (2022). *Inspeksi Statis Dan Dinamis Gangguan Respirasi*. 1(2).
- Billiet, L., Van de Velde, D., Overbury, O., & Van Nispen, R. M. A. (2022). International Classification of Functioning, Disability and Health core set for vision loss: A discussion paper and invitation. *British Journal of Visual Impairment*, 40(2), 109–116. <https://doi.org/10.1177/02646196211055954>
- Chia, L., De Oliveira Silva, D., Whalan, M., McKay, M. J., Sullivan, J., Fuller, C. W., & Pappas, E. (2022). Non-contact Anterior Cruciate Ligament Injury Epidemiology in Team-Ball Sports: A Systematic Review with Meta-analysis by Sex, Age, Sport, Participation Level, and Exposure Type. *Sports Medicine*,

- 52(10), 2447–2467. <https://doi.org/10.1007/s40279-022-01697-w>
- Choirunisa, F., Wahyuni, W., & Halim Mardianto. (2023). Penatalaksanaan Fisioterapi Pada Post Op Aclr : Case Report. *Journal of Innovation Research and Knowledge*, 3(1), 4811–4816. <https://doi.org/10.53625/jirk.v3i1.5813>
- Christivana, N. D., & Susilo, T. E. (2022). Case Report : Penatalaksanaan Fisioterapi Pada Kasus Post Op Anterior Cruciate Ligament (ACL) Phase 1 Case Report : Penatalaksanaan Fisioterapi Pada Kasus Post Op Anterior Cruciate Ligament (ACL) Phase 1. *The 16th University Research Colloquium 2022 Universitas Muhammadiyah Pekajangan Pekalongan*, 1239–1244.
- Dewi, S. K., & Kambayana, G. (2019). Pendekatan Diagnosis Keluhan Nyeri Lutut Dan Peranan Artroskopi Dalam Diagnosis Nyeri Lutut. *Angewandte Chemie International Edition*, 6(11), 951–952., 1–17.
- El Sawy, M. M., El Mikkawy, D. M. E., El-Sayed, S. M., & Desouky, A. M. (2021). Morphometric analysis of vastus medialis oblique muscle and its influence on anterior knee pain. *Anatomy and Cell Biology*, 54(1), 1–9. <https://doi.org/10.5115/acb.20.258>
- Fadul, F. M. (2019). *Anatomi Fisiologi Ligamen*. 9–29.
- Huda, M. C. (2018). Penatalaksanaan Fisioterapi pada Kasus Post Orif 1/3 Distal Femur Sinistra Di RSUD Lukomono Hadi Kudus. *Karya Tulis Ilmiah*, 34–36.
- Indriastuti, I., & Pristianto, A. (2022). Program Fisioterapi pada Kondisi Pasca Rekonstruksi Anterior Cruciate Ligament (ACL) Fase I: A Case Report. *Physio Journal*, 1(2), 1–9. <https://doi.org/10.30787/phyjou.v1i2.795>
- Jannah, M., Agustina, L., & Fauziah, F. (2022). Pelaksanaan Ultrasound Dan Terapi Latihan Pada Kasus Tringger Finger. *Jurnal Real Riset*, 4(3), 366–373. <https://doi.org/10.47647/jrr.v4i3.839>
- Kanak, M., Mostowy, M., Domżalski, M., & Lesman, J. (2023). The anatomical description of the pericruciate fat pad (PCFP) – a brief report of cadaveric dissection. *Chirurgia Narządów Ruchu i Ortopedia Polska*, 88(4), 187–192. <https://doi.org/10.31139/chnriop.2023.88.4.6>
- Kositsky, A., Barrett, R. S., du Moulin, W., Diamond, L. E., & Saxby, D. J. (2022). Semitendinosus muscle morphology in relation to surface electrode placement in anterior cruciate ligament reconstructed and contralateral legs. *Frontiers in Sports and Active Living*, 4. <https://doi.org/10.3389/fspor.2022.959966>
- Kotsifaki, R., Korakakis, V., King, E., Barbosa, O., Maree, D., Pantouveris, M., Bjerregaard, A., Luomajoki, J., Wilhelmsen, J., & Whiteley, R. (2023). Aspetar clinical practice guideline on rehabilitation after anterior cruciate ligament reconstruction. *British Journal of Sports Medicine*, 57(9), 500–514. <https://doi.org/10.1136/bjsports-2022-106158>
- Lempainen, L., Kosola, J., Pruna, R., Sinikumpu, J. J., Valle, X., Heinonen, O., Orava, S., & Maffulli, N. (2021). Tears of biceps femoris, semimembranosus, and semitendinosus are not equal—a new individual muscle-tendon concept in athletes. *Scandinavian Journal of Surgery*, 110(4), 483–491. <https://doi.org/10.1177/1457496920984274>
- Llurda-Almuzara, L., Labata-Lezaun, N., López-De-celis, C., Aiguadé-Aiguadé, R., Romani-Sánchez, S., Rodríguez-Sanz, J., Fernández-De-las-peñas, C., & Pérez-

- Bellmunt, A. (2021). Biceps femoris activation during hamstring strength exercises: A systematic review. *International Journal of Environmental Research and Public Health*, 18(16). <https://doi.org/10.3390/ijerph18168733>
- MARATT. (2023). *No Title*. <https://www.marattmd.com/learn/rehab-tha-knee-extensions.php>
- MAVINK. (2014). *No Title*. <https://mavink.com/explore/Isometric-Hamstring-Exercises>
- Mayeda, N. L., Komalasari, D. R., & In Rohayani. (2022). Penatalaksanaan Fisioterapi Paska Rekontruksi Anterior Cruciate Ligament Pattelar Autograft: Studi Kasus. *Physiotherapy Health Science (PhysioHS)*, 4(1), 11–17. <https://doi.org/10.22219/physiohs.v4i1.21863>
- Mehta, V., Dawani, P., & Goel, P. (2022). Morphologic and Morphometric Evaluation of Oblique Popliteal Ligament - A Clinico-Anatomical Study. *Maedica (Bucur)*, 17(3), 641–646.
- Middlebrook, A., Bekker, S., Middlebrook, N., & Rushton, A. B. (2020). Physical prognostic factors predicting outcome following anterior cruciate ligament reconstruction: Protocol for a systematic review. *BMJ Open*, 10(3), 1–7. <https://doi.org/10.1136/bmjopen-2019-033429>
- MMG. (2015). *No Title*. <https://flexfreeclinic.com/infokesehatan/detail?id=69&title=cedera-lutut-bagian-i>
- Nahum. (2020). *Gambar Ligamen Knee*. Medifit. <https://www.medifit.id/cedera-ligamen-mcl-pada-lutut-dan-rehabilitasinya/>
- Naqvi, W. M. (2022). *A case report on Physiotherapy rehabilitation. May 2020*. Newhealthadvisor. (2024). *No Title*. <https://www.newhealthadvisor.org/runner's-knee-exercises.html>
- Nugent, S. M., Lovejoy, T. I., Shull, S., Dobscha, S. K., & Morasco, B. J. (2021). Associations of Pain Numeric Rating Scale Scores Collected during Usual Care with Research Administered Patient Reported Pain Outcomes. *Pain Medicine (United States)*, 22(10), 2235–2241. <https://doi.org/10.1093/pm/pnab110>
- Pinto-Ramos, J., Moreira, T., Costa, F., Tavares, H., Cabral, J., Costa-Santos, C., Barroso, J., & Sousa-Pinto, B. (2022). Handheld dynamometer reliability to measure knee extension strength in rehabilitation patients—A cross-sectional study. *PLoS ONE*, 17(5 May), 1–12. <https://doi.org/10.1371/journal.pone.0268254>
- Primadina, N., Basori, A., & Perdanakusuma, D. S. (2019). Proses Penyembuhan Luka Ditinjau dari Aspek Mekanisme Seluler dan Molekuler. *Qanun Medika - Medical Journal Faculty of Medicine Muhammadiyah Surabaya*, 3(1), 31. <https://doi.org/10.30651/jqm.v3i1.2198>
- Purwasih, Y., Prodyanatasari, A., & Salam, A. (2020). Penatalaksanaan Transcutaneous Electrical Nerve Stimulation (TENS) pada Low Back Pain Myogenic. *JURNAL PIKES Penelitian Ilmu Kesehatan*, 1(1), 16–21.
- Rahayu, S., & Ismanda, S. novianti. (2021). Penatalaksanaan Fisioterapi Pada Meniskus Knee Dekstra Dengan Modalitas Ultrasound Dan Terapi Latihan. *Jurnal Kesehatan Tambusai*, 2(4), 361–367.

- <https://doi.org/10.31004/jkt.v2i4.2730>
- Ramadan, M. I., Totok Budi Santoso, & Hakny Maulana. (2023). Penatalaksanaan Fisioterapi Pada Kasus Post Operation Anterior Cruciate Ligament Reconstruction: Case Report. *Journal of Innovation Research and Knowledge*, 3(1), 4801–4810. <https://doi.org/10.53625/jirk.v3i1.5861>
- Ridha Syaiful, A., Faris Naufal, A., & Maryam, S. (2022). Physical Therapy Management for Post Op Anterior Cruciate Ligament Reconstruction Knee Sinistra (a Case Study). *Journal of Innovation Research and Knowledge*, 2(7), 2787–2796.
- Rivière, C., & Vendittoli, P. A. (2020). Personalized hip and knee joint replacement. In *Personalized Hip and Knee Joint Replacement*. <https://doi.org/10.1007/978-3-030-24243-5>
- Robert H. Miller, III., F. M. A. (2018). *No Title*. <https://musculoskeletalkey.com/knee-injuries-2/>
- Rusiawati, R. T. H. D., & Wijana, I. K. (2022). Analisis Hasil Pengukuran Antropometri pada Atlet Cabang Olahraga Sepak Bola. *Jurnal Ilmu Keolahragaan Undiksha*, 9(3), 198. <https://doi.org/10.23887/jiku.v9i3.40841>
- Sahinis, C., & Kellis, E. (2021). Anatomy, morphology and function of the tensor of vastus intermedius: A systematic review. *Journal of Functional Morphology and Kinesiology*, 6(3). <https://doi.org/10.3390/jfmk6030077>
- Shimozaki, K., Nakase, J., Asai, K., Yoshimizu, R., Kimura, M., Kanayama, T., Yanatori, Y., & Tsuchiya, H. (2022). Relationship between anatomical injury site of rectus femoris muscle strain and time taken to return to play in Japanese professional soccer players. *Journal of Orthopaedic Surgery*, 30(3), 1–7. <https://doi.org/10.1177/10225536221141786>
- Sigit, M. (2024). *PERBEDAAN PENGARUH OPEN KINETIC CHAIN EXERCISE DAN CLOSE KINETIC CHAIN EXERCISE TERHADAP KEKUATAN OTOT QUADRICEPS FEMORIS PASCA OPERASI ANTERIOR CRUCIATE LIGAMEN DITINJAU DARI USIA The Effect of Open Kinetic Chain Exercise and Close Kinetic Chain Exercise*. 29–38.
- Siljander, B., Tompkins, M., & Martinez-Cano, J. P. (2022). A Review of the Lateral Patellofemoral Joint: Anatomy, Biomechanics, and Surgical Procedures. *Journal of the American Academy of Orthopaedic Surgeons Global Research and Reviews*, 6(7), 1–9. <https://doi.org/10.5435/JAAOSGlobal-D-21-00255>
- Sugiarto, Harioputro, D. R., Suselo, Y. H., Munawaroh, S., Moelyo, A. G., Lestari, A., Werdiningsih, Y., & Suryawan, A. (2019). Basic Physical Examination : Teknik inspeksi, palpasi, perkusi dan auskultasi. *Universitas Sebelas Maret, 0271*, 1–37. https://skillslab.fk.uns.ac.id/wp-content/uploads/2018/08/MANUAL-IPPA_2018-smt-1.pdf
- Svantesson, E., Hamrin Senorski, E., Webster, K. E., Karlsson, J., Diermeier, T., Rothrauff, B. B., Meredith, S. J., Rauer, T., Irrgang, J. J., Spindler, K. P., Ma, C. B., Musahl, V., the Panther Symposium ACL Injury Clinical Outcomes Consensus Group, Fu, F. H., Ayeni, O. R., Della Villa, F., Della Villa, S., Dye, S., Ferretti, M., ... Hao Zheng, M. (2020). Clinical Outcomes After Anterior Cruciate Ligament Injury: Panther Symposium ACL Injury Clinical Outcomes

- Consensus Group. *Orthopaedic Journal of Sports Medicine*, 8(7), 1–19.
<https://doi.org/10.1177/2325967120934751>
- Szymiski, D., Achenbach, L., Zellner, J., Weber, J., Koch, M., Zeman, F., Huppertz, G., Pfeifer, C., Alt, V., & Krutsch, W. (2022). Higher risk of ACL rupture in amateur football compared to professional football: 5-year results of the ‘Anterior cruciate ligament-registry in German football.’ *Knee Surgery, Sports Traumatology, Arthroscopy*, 30(5), 1776–1785. <https://doi.org/10.1007/s00167-021-06737-y>
- Technische Universität München, L.-M.-U. M. (2018). Ekstremitas Bawah Anatomi. *E-Conversion - Proposal for a Cluster of Excellence*, 7–34.
- Vaghasiya, D. A. (2021). *Quadriceps Setting*.
<https://medium.com/stayfitwithanand/how-to-perform-quadriceps-setting-quadriceps-c582e33177d9>
- Wijayasurya, S., & Setiadi, T. H. (2021). Cedera Ligamen Krusiatum Anterior. *Jurnal Muara Medika Dan Psikologi Klinis*, 1(1), 98.
<https://doi.org/10.24912/jmmpk.v1i1.12091>
- Yani, J. A., Kartasura, K., Sukoharjo, K., Tengah, J., Nurhidayah, I. S., Rahayu, U. B., & Mardianto, H. (2021). “Innovation of Physiotherapy Community on Increasing Physical Activity during Pandemic Covid-19” *PHYSIOTHERAPY MANAGEMENT POST RECONSTRUCTION ANTERIOR CRUCIATE LIGAMENT: A CASE STUDY "Innovation of Physiotherapy Community on Increasing Physical Activity . 616–622.*
- Yao, S., Fu, B. S. C., & Yung, P. S. H. (2021). Graft healing after anterior cruciate ligament reconstruction (ACLR). *Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology*, 25, 8–15.
<https://doi.org/10.1016/j.asmart.2021.03.003>
- YOGANATOMY. (2016). *No Title*. September 21, 2014.
<https://www.yoganatomy.com/hamstrings-group-muscles-yoga-anatomy/>
- Yulianto, A. B., Sartoyo, Wardoyo, P., & Fariz, A. (2023). Jurnal Keperawatan Muhammadiyah Bengkulu. *Sereal Untuk*, 8(1), 51.
- Zavitri, L. K. (2022). Rehabilitasi Pasca Operasi Cedera Anterior Cruciate Ligament (ACL). *Unram Medical Journal*, 11(3), 1085–1093.
<https://doi.org/10.29303/jku.v11i3.767>
- Zeng, C. Y., Zhang, Z. R., Tang, Z. M., & Hua, F. Z. (2021). Benefits and Mechanisms of Exercise Training for Knee Osteoarthritis. *Frontiers in Physiology*, 12(December).
<https://doi.org/10.3389/fphys.2021.794062>