DAFTAR PUSTAKA

Amin, R. M., Andrade, N. S., & Neuman, B. J. (2017). Lumbar Disc Herniation. *Current Reviews in Musculoskeletal Medicine*, *10*(4), 507–516. https://doi.org/10.1007/s12178-017-9441-4

Berry, J. A., Elia, C., Saini, H. S., & Miulli, D. E. (2019). A Review of Lumbar Radiculopathy, Diagnosis, and Treatment. *Cureus*, *11*(10), e5934. https://doi.org/10.7759/cureus.5934

Chen, S., Fu, P., Wu, H., & Pei, M. (2017). Meniscus, articular cartilage and nucleus pulposus: a comparative review of cartilage-like tissues in anatomy, development and function. *Cell and Tissue Research*, *370*(1), 53–70. https://doi.org/10.1007/s00441-017-2613-0

Cui, M., Zhang, Q., Chen, X., & Wu, H. (2023). Analysis of CT imaging changes of psoas major muscles in patients with lumbar disc herniation mainly based on low back pain and lower limb pain. *Frontiers in Surgery*, *9*. https://doi.org/10.3389/fsurg.2022.1022903

Desyauri, R., Aritonang, F. H., & Simanjuntak, C. A. (2021). *Indeks Massa Tubuh (IMT) Sebagai FAaktor Risiko Pada Kecurigaan Hernia Nuleus Pulposus (HNP) Lumbal*.

Dyananti, S. A. L., Yekti, M., & Rohmani, A. (2023). Hubungan Intensitas Nyeri dengan Kualitas Tidur: Studi Pada Penderita Hernia Nukleus Pulposus (HNP) Lumbal. *Cerdika: Jurnal Ilmiah Indonesia*, *3*(09), 850–856. https://doi.org/10.59141/cerdika.v3i09.670

Dydyk, A. M., Ngnitewe Massa, R., & Mesfin, F. B. (2024). *Disc Herniation*.

Fatmasari, D. (2016). *Hubungan Antara Obesitas Sentral Dengan Derajat Hernia Nucleus Pulposus di Klinik Fisioterapi Kota Makasar*.

Ferreira, M. L., de Luca, K., Haile, L. M., Steinmetz, J. D., Culbreth, G. T., Cross, M., Kopec, J. A., Ferreira, P. H., Blyth, F. M., Buchbinder, R., Hartvigsen, J., Wu, A.-M., Safiri, S., Woolf, A. D., Collins, G. S., Ong, K. L., Vollset, S. E., Smith, A. E., Cruz, J. A., … March, L. M. (2023). Global, regional, and national burden of low back pain, 1990–2020, its attributable risk factors, and projections to 2050: a systematic analysis of the Global Burden of Disease Study 2021. *The Lancet Rheumatology*, *5*(6), e316–e329. https://doi.org/10.1016/S2665-9913(23)00098-X

Fjeld, O. R., Grøvle, L., Helgeland, J., Småstuen, M. C., Solberg, T. K., Zwart, J.-A., & Grotle, M. (2019). Complications, reoperations, readmissions, and length of hospital stay in 34 639 surgical cases of lumbar disc herniation. *The Bone & Joint Journal*, *101-B*(4), 470–477. https://doi.org/10.1302/0301-620X.101B4.BJJ-2018-1184.R1

Gatty, C. M., Turner, M., Buitendorp, D. J., & Batman, H. (2003). The effectiveness of back pain and injury prevention programs in the workplace. *Work (Reading, Mass.)*, *20*(3), 257–266.

Kreiner, D. S., Hwang, S. W., Easa, J. E., Resnick, D. K., Baisden, J. L., Bess, S., Cho, C. H., DePalma, M. J., Dougherty, P., Fernand, R., Ghiselli, G., Hanna,

A. S., Lamer, T., Lisi, A. J., Mazanec, D. J., Meagher, R. J., Nucci, R. C., Patel, R. D., Sembrano, J. N., … Toton, J. F. (2014). An evidence-based clinical guideline for the diagnosis and treatment of lumbar disc herniation with radiculopathy. *The Spine Journal*, *14*(1), 180–191. https://doi.org/10.1016/j.spinee.2013.08.003

Lateef, H., & Patel, D. (2009). What is the role of imaging in acute low back pain? *Current Reviews in Musculoskeletal Medicine*, *2*(2), 69–73. https://doi.org/10.1007/s12178-008-9037-0

Lurie, J. D., Tosteson, T. D., Tosteson, A. N. A., Zhao, W., Morgan, T. S., Abdu, W. A., Herkowitz, H., & Weinstein, J. N. (2014). Surgical Versus Nonoperative Treatment for Lumbar Disc Herniation. *Spine*, *39*(1), 3–16. https://doi.org/10.1097/BRS.0000000000000088

Mateos-Valenzuela, A. G., González-Macías, M. E., Ahumada-Valdez, S., Villa-Angulo, C., & Villa-Angulo, R. (2020). Risk factors and association of body composition components for lumbar disc herniation in Northwest, Mexico. *Scientific Reports*, *10*(1), 18479. https://doi.org/10.1038/s41598-020-75540-5

Mathur, M., Jain, N., Sharma, S., Rawall, S., & Bhagwan Sharma, S. (2020). Lumbar Disc Herniation: A review article. *IP International Journal of Orthopaedic Rheumatology*, *6*(1), 1–11. https://doi.org/10.18231/j.ijor.2020.001

Nasikhatussoraya, N., Octaviani, R. V., & Julianti, H. P. (2016). *Hubungan Intensitas Nyeri dan Disabilitas Aktivitas Sehari-Hari Dengan Kualitas Hidup : Studi Pada Pasien Hernia Nukleus Pulposus (HNP) Lumbal*. https://api.semanticscholar.org/CorpusID:78999804

Nuttall, F. Q. (2015). Body Mass Index. *Nutrition Today*, *50*(3), 117–128. https://doi.org/10.1097/NT.0000000000000092

Ricciardi A. (2015). *Thieme Atlas of Anatomy: General Anatomy and Musculoskeletal System*. The Yale Journal of Biology and Medicine, 88(1), 100.

Ropper, A. H., Samuels, M. A., & Klein, J. P. (2019). *Adams and Victor's Principles of Neurology 11th Edition*. McGraw Hill LLC. https://books.google.co.id/books?id=9bGPDwAAQBAJ

Saker, E., & Tubbs, R. S. (n.d.). *Section 1, Chapter 1: Anatomy of the Lumbar Intervertebral Discs*.

Sanjoy, S. S., Ahsan, G. U., Nabi, H., Joy, Z. F., & Hossain, A. (2017). Occupational factors and low back pain: a cross-sectional study of Bangladeshi female nurses. *BMC Research Notes*, *10*(1), 173. https://doi.org/10.1186/s13104-017-2492-1

Schroeder, G. D., Guyre, C. A., & Vaccaro, A. R. (2016). The epidemiology and pathophysiology of lumbar disc herniations. *Seminars in Spine Surgery*, *28*(1), 2–7. https://doi.org/10.1053/j.semss.2015.08.003

Schunke, M. , S. E. and S. U. (2021). *Atlas Anatomi Manusia Prometheus: Anatomi umum dan Sistem Gerak* (L. Sugiharto, Ed.; 5th ed.). Jakarta: EGC.

Sitorus, R. J. (2023). *BUKU AJAR DASAR EPIDEMIOLOGI* (W. Kuniawadi, Ed.). Wawasan Ilmu.

Sopaj Azemi, E., Kola, I., Kola, S., & Tanka, M. (2022). Prevalence of Lumbar Disk Herniation in Adult Patients with Low Back Pain Based in Magnetic Resonance Imaging Diagnosis. *Open Access Macedonian Journal of Medical Sciences*, *10*(B), 1720–1725. https://doi.org/10.3889/oamjms.2022.8768

Srikandarajah, N., Boissaud-Cooke, M. A., Clark, S., & Wilby, M. J. (2015). Does Early Surgical Decompression in Cauda Equina Syndrome Improve Bladder Outcome? *Spine*, *40*(8), 580–583. https://doi.org/10.1097/BRS.0000000000000813

Sugiyono. (2018). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (19th ed.). Penerbit Alfabeta.

Suryo, A. P., Sasmoyohati, S., & Hadiarso, L. (2017). Karakteristik Nyeri Punggung Bawah Anggota Aktif TNI AD di RSPAD Gatot Soebroto Jakarta. *Cermin Dunia Kedokteran*, *44*(7), 397883.

Tayyab Naeem, M., Aslam Shaikh, M., Ahmad, M., Ijaz, A., Huzefa Abid, M., Abid, M., Abid, H., & Raza, H. (2021). Implications of Age, Gender and Lumbar Disc Level on Symptomatic Herniated Nucleus Pulposus. *Pakistan Journal of Medical and Health Sciences*, *15*(10), 2893–2895. https://doi.org/10.53350/pjmhs2115102893

Vera, Y. (n.d.). *EFEKTIVITAS KETERATURAN SENAM YOGA TERHADAP PENURUNAN NYERI PENDERITA SARAF KEJEPIT*.

Weiner, B. (2010). Treatment of lumbar disc herniation: Evidence-based practice. *International Journal of General Medicine*, 209. https://doi.org/10.2147/IJGM.S12270

Wibhawa, P. A., Yudawijaya, A., & Wairisal, A. V. (2023). Relationship between Body Mass Index and Lumbar Disc Herniation in UKI General Hospital Jakarta, Indonesia. *Asian Journal of Research in Infectious Diseases*, *13*(3), 1–8. https://doi.org/10.9734/ajrid/2023/v13i3265

Wu, A., March, L., Zheng, X., Huang, J., Wang, X., Zhao, J., Blyth, F. M., Smith, E., Buchbinder, R., & Hoy, D. (2020). Global low back pain prevalence and years lived with disability from 1990 to 2017: estimates from the Global Burden of Disease Study 2017. *Annals of Translational Medicine*, *8*(6), 299. https://doi.org/10.21037/atm.2020.02.175

Yelmaiza, M., Restu Susanti, & Syarif Indra. (2021). The Risk Factors Affecting Disability Level of Lumbar Disc Herniation. *Bioscientia Medicina : Journal of Biomedicine and Translational Research*, *6*(1), 1275–1280. https://doi.org/10.32539/bsm.v6i1.433