

DAFTAR PUSTAKA

- Abbasati, C., Abbas, K. M., Abbasi, M., Abbasifard, M., Abbasi-Kangevari, M., Abbastabar, H., Abd-Allah, F., Abdelalim, A., Abdollahi, M., Abdollahpour, I., Abedi, A., Abedi, P., Abegaz, K. H., Abolhassani, H., Abosetugn, A. E., Aboyans, V., Abrams, E. M., Abreu, L. G., Abrigo, M. R. M., ... Murray, C. J. L. (2020). Global burden of 369 diseases and injuries in 204 countries and territories, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019. *The Lancet*, 396(10258), 1204–1222. [https://doi.org/10.1016/S0140-6736\(20\)30925-9](https://doi.org/10.1016/S0140-6736(20)30925-9)
- Amjad, F., Mohseni-Bandpei, M. A., Gilani, S. A., Ahmad, A., & Hanif, A. (2022). Effects of non-surgical decompression therapy in addition to routine physical therapy on pain, range of motion, endurance, functional disability and quality of life versus routine physical therapy alone in patients with lumbar radiculopathy; a randomized . *BMC Musculoskeletal Disorders*, 23(1), 1–12. <https://doi.org/10.1186/s12891-022-05196-x>
- Andreyani, L., & Bhakti, W. K. (2023). Validitas Skala Ukur Nyeri Visual Analog and Numerik Ranting Scales (Vanrs) Terhadap Penilaian Nyeri. *Jambura Journal of Health Sciences and Research*, 5(2), 730–736. <https://doi.org/10.35971/jjhsr.v5i2.19140>
- Arga Napitupulu, C., Ismunandar, H., Himayani | Radikulopati Lumbal Medula, R., & Juli, ; |. (2023). Radikulopati Lumbal. *Physical Therapy*, 13(3), 832.
- Arti, H. W. (2024). UMSIDA PRESS Jl . Mojopahit 666 B Sidoarjo ISBN : 978-623-464-085-4 Copyright © 2024.
- Azura, A. J., Kedokteran, F., Lampung, U., Program, M., Pendidikan, S., Kedokteran, F., Lampung, U., & Lampung, B. (2024). *Jurnal Kesehatan dan Agromedicine*. 11, 91–99.
- Barolla, I. J., J. Paliyama, M., & B.S. Huwae, L. (2021). Perbandingan Efek Terapi Transcutaneus Electrical Nerve Stimulation (Tens) Dan Infra Red (Ir) Dengan Infra Red (Ir) Dalam Pengurangan Nyeri Pada Penderita Ischialgia Di Rsud Dr. M. Haulussy Ambon. *PAMERI: Pattimura Medical Review*, 3(2), 1–7. <https://doi.org/10.30598/pamerivol3issue2page1-7>
- Dhimas Imam Gozali, Taufik Eko Susilo, & Agustina Ariyani. (2023). Program Fisioterapi pada Lansia dengan Keluhan Ischialgia: Case Report Study. *Physiotherapy Health Science (PhysioHS)*, 5(1), 33–37. <https://doi.org/10.22219/physiohs.v5i1.25975>
- Fadli, F., & Sastria, A. (2022). Pengetahuan Perawat Dalam Melakukan Pemeriksaan Fisik Pada Kasus Kardiovaskuler. *AACENDIKIA: Journal of Nursing*, 1(2), 26–30. <https://doi.org/10.59183/aacendikiajon.v1i2.7>

Rizky Hibatullah, 2025

PELAKSANAAN FISIOTERAPI PADA KASUS LOW BACK PAIN ET CAUSA ISCHALGIA DENGAN MODALITAS TRANSCUTANEUS ELECTRICAL NERVE STIMULATION DAN WILLIAM FLEXION EXERCISE

UPN Veteran Jakarta, Fakultas Kesehatan, Program Studi Fisioterapi Program Diploma Tiga
[www.upnvj.ac.id – www.library.upnvj.ac.id – www.repository.upnvj.ac.id]

- Fairbank, J. C. T., & Pynsent, P. B. (2000). Questionário de Deficiência da Dor Lombar Oswestry. *Coluna*, 25(22), 2940–2953.
- Gerhanawati, I. (2020). Studi Kasus: Program Fisioterapi Pada Low Back Pain Myogenik. *Jurnal Fisioterapi Dan Kesehatan Indonesia*, 8(1), 51.
- Hijayant, S. (2021). Pengaruh Pemberian Tens Dan William Fleksi Pada Kondisi Ischialgia. *Pharmacognosy Magazine*, 75(17), 399–405.
- Jalil, R., Ainun, N., Muallin, M., Amir, W. A. A., Salim, M., & Grace, P. (2024). Optimisasi Proses Pembuatan Tulang Belakang Dari Bahan Gabus. *Jurnal Pepadu*, 5(2), 312–319. <https://doi.org/10.29303/pepadu.v5i2.4415>
- Kazdal, C. (2022). Piriformis Syndrome. *Musculoskeletal Pain (Common Clinical Presentations)*, 105–119. <https://doi.org/10.21776/ub.jphv.2022.003.01.5>
- Koesyanto, H. (2013). Masa Kerja dan Sikap Kerja Duduk Terhadap Nyeri Punggung. *Jurnal Kesehatan Masyarakat*, 9(1), 9–14.
- Kumari, R., Rathi, B., Rani, A., Tiwari, S. M., & Bhatnagar, S. (2013). Phytochemical, pharmacological and therapeutic aspects. *International Journal of Pharmaceutical Sciences Review and Research*, 23(2), 348–355. <https://doi.org/10.1056/NEJMra1410151>
- Kumbea, N. P., Asrifuddin, A., & Sumampouw, O. J. (2021). Keluhan Nyeri Punggung Bawah Pada Nelayan. *Indonesia Journal of Public Health and Community Medicine*, 2(1), 21–26.
- Mahendrakrisna, D. (2019). Diagnosis Sindrom Piriformis. *Continuing Medical Education*, 46, 62–64.
- Masyarakat, T., Inovasi, J., & Volume, S. P. (2024). Available online at: <https://pkm.lpkd.or.id/index.php/Transformasi>. 4.
- Melyana, & Sarotama, A. (2019). *Implementasi Peringatan Abnormalitas Tanda-Tanda Vital pada Telemedicine Workstation*. 1–9.
- Muhimmatal Khoiroh, Eliya Rohmah, A. N. H. (2024). *PHYSIOTHERAPY MANAGEMENT IN CASES OF LOW BACK PAIN (LBP) e . c ISCHIALGIA WITH SHORT WAVE DIATHERMY (SWD) THERAPY AND WILLIAM FLEXION EXERCISE IN RS . BHAYANGKARA PUSDIK BRIMOB WATUKOSEK Program Studi DIII Fisioterapi , Stikes Ar-Rahma Mandiri Indones*. 20–27.
- Nadia, S. S., Ika, R., & Politeknik Piksi Ganesha. (2021). Penatalaksanaan Fisioterapi Pada Kasus Cedera Meniscus Dextra Dengan Modalitas Tens, Ultrasound, Dan Terapi Latihan Di Koni Jawa Barat. *Jurnal Kesehatan Dan Masyarakat (Jurnal KeFis)*, 1(1), 1–13.

- Nur, D., Sari, P., Muliasari, D., & Septimar, Z. M. (2024). Hubungan Posisi Dan Lama Duduk Dengan Kejadian Low Back Pain (LBP) Pada Pekerja. *Gudang Jurnal Ilmu Kesehatan Volume 2 ; Nomor 2, 2*, 190–195.
- Pesonen, J., Shacklock, M., Rantanen, P., Mäki, J., Karttunen, L., Kankaanpää, M., Airaksinen, O., & Rade, M. (2021). Extending the straight leg raise test for improved clinical evaluation of sciatica: reliability of hip internal rotation or ankle dorsiflexion. *BMC Musculoskeletal Disorders*, 22(1), 1–8. <https://doi.org/10.1186/s12891-021-04159-y>
- Phedy, P., Djaja, Y. P., Tobing, S. D. A. L., Gatam, L., Librianto, D., Fachrisal, Gatam, A. R., & Hardiansyah, N. P. (2021). Cross-cultural adaptation and psychometric validation of the Indonesian version of the Oswestry Disability Index. *European Spine Journal*, 30(4), 1053–1062. <https://doi.org/10.1007/s00586-020-06690-3>
- Pratiwi, Y., Hayati, S., & Rukman, S. A. (2022). Relationship Between Lactic Acid Level With Low Back Pain (Lbp). *Al Insyirah International Scientific Conference on Health*, 3(1), 22–29.
- Pulposus, H. N. (2016). Low Back Pain Low Back Pain (LBP). *Kesehatan Indonesia*, 5(Sakit Pinggang), 2.
- Rahmawaty, S., & Kurniawidjaja, L. M. (2022). Nyeri Punggung Bawah pada Pekerja Perkantoran: A Systematic Review. *Ghidza: Jurnal Gizi Dan Kesehatan*, 6(2), 239–245. <https://doi.org/10.22487/ghidza.v6i2.581>
- Ramadhani, D. T., Rahmad, F., & Haryatmo. (2023). Ahmar metastasis health journal. *Ahmar Metastasis Health Journal*, 2(4), 207–215. file:///C:/Users/ASUS/Downloads/4.+Pengaruh+Kunjungan+Antenatal+Care+Dan+Pengalaman+Persalinan+Terhadap+Depresi+Pada+Ibu+Hamil.pdf
- Ramadhani, K., & Widyaningrum, R. (2022). Buku Ajar Dasar-Dasar Anatomi Dan Fisiologi Tubuh Manusia. In *Uad Press : Pustaka*. https://www.google.co.id/books/edition/Dasar_dasar_Anatomi_dan_Fisiologi_Tubuh/ATTFEAAAQBAJ?hl=jv&gbpv=1&dq=klasifikasi+sendi&pg=P_A37&printsec=frontcover
- Rosadi, R., Wardojo, S. S. ika, & Algafari, M. F. (2022). Penatalaksanaan Fisioterapi Kasus Lower back pain e.c Spondylosis Lumbar; Studi Kasus. *Jurnal Ilmiah Fisioterapi*, 5(01), 15–20. <https://doi.org/10.36341/jif.v5i01.2261>
- Sany, S. A., Mitsi, M., Tanjim, T., & Rahman, M. (2023). The effectiveness of different aerobic exercises to improve pain intensity and disability in chronic low back pain patients: a systematic review. *F1000Research*, 11, 136. <https://doi.org/10.12688/f1000research.75440.2>

- Suryo, M., Perdana, S., & Wahyu, D. (2023). Program Fisioterapi pada Keluhan Ischialgia : Case Report Study Physiotherapy Program for Ischialgia Complaints : Case Report Study. *Program Fisioterapi Pada Keluhan Ischialgia: Case Report Study Physiotherapy*, 1(1), 306–311.
- Syurrahmi, S., Rahmanti, A., & Azizah, M. N. (2023). Penerapan Mobilisasi Dini Terhadap Penurunan Tingkat Nyeri Pada Pasien Pasca Operasi Di Rumkit Tk.Iii 04.06.02 Bhakti Wira Tamtama Semarang. *Jurnal Fisioterapi Dan Ilmu Kesehatan Sisthana*, 5(1), 45–53. <https://doi.org/10.55606/jufdikes.v5i1.207>
- Tania, Y., & Rahman, I. (2022). Penatalaksanaan Fisioterapi Pada Kasus Low Back Pain Et Causa Ischialgia Dengan Modalitas Transcutaneus Electrical Nerve Stimulation (Tens) Dan William Felexion Di Rsud Cililin. *JPhiS (Journal of Phisioteraphy Student)* |, 1(1), 10–15.
- Triani, E., Sugijanto, & Wismanto. (2016). Perbedaan Efektivitas Antara Core Stability Exercise Dan Gluteus Activation Exercise Terhadap Disabilitas. *Jurnal Fisioterapi*, 16(1), 13–18.
- Ummah, M. S. (2019). buku ajar kesehatan masyarakat. *Sustainability (Switzerland)*, 11(1), 1–14. http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM PEMBETUNGAN TERPUSAT STRATEGI MELESTARI
- Widyasari, O. R. I. D. W. (2020). *PENATALAKSANAAN FISIOTERAPI PADA HERNIA NUCLEUS PULPOSUS (HNP) DENGAN MODALITAS TRAKSI DAN MC. KENZIE EXERCISE DI RSO PROF DR. R. SOEHARSO SURAKARTA*. 2507(February), 1–9.
- Yates, M., & Shastri-Hurst, N. (2017). The oswestry disability index. *Occupational Medicine*, 67(3), 241–242. <https://doi.org/10.1093/occmed/kqw051>
- Zahratur, A., & Priatna, H. (2019). Perbedaan Efektivitas Antara William Flexion Exercise Dan Core Stability Exercise Dalam Meningkatkan. *Jurnal Fisioterapi*, 19(1), 1–9.
- Zamzami Hasibuan, M. U., & A, P. (2021). Sosialisasi Penerapan Indeks Massa Tubuh (IMT) di Suta Club. *Cerdas Sifa Pendidikan*, 10(2), 84–89. <https://doi.org/10.22437/csp.v10i2.15585>
- Zubaidi, A., Septiani, A. E., & Info, A. (2024). *Model latihan khusus untuk mengurangi nyeri pada ichialgia*. 10(2), 131–138. <https://doi.org/10.35329/jkesmas.v10i2.5370>