DAFTAR PUSTAKA

Aguero, A. D., Irrgang, J. J., MacGregor, A. J., Rothenberger, S. D., Hart, J. M., & Fraser, J. J. (2023). Sex, military occupation and rank are associated with risk of anterior cruciate ligament injury in tactical-athletes. *BMJ Military Health*, *169*(6), 535–541. https://doi.org/10.1136/bmjmilitary-2021-002059

Allen, K. D., Thoma, L. M., & Golightly, Y. M. (2022). Epidemiology of osteoarthritis. *Osteoarthritis and Cartilage*, *30*(2), 184–195. https://doi.org/10.1016/j.joca.2021.04.020

Ambily, V. R., & Krishnan, N. N. (2023). Association of Body Mass Index with Kellgren–Lawrence Grading of Knee Osteoarthritis – A Cross-sectional Study. *International Research Journal of Ayurveda & Yoga*, *06*(12), 50–53. https://doi.org/10.47223/irjay.2023.61208

Arikunto, S. (2019). *Prosedur Penelitian: Suatu Pendekatan Praktik*. Rineka Cipta.

Atari, S., & Agistany, N. (2023). *Diagnosis Dan Tatalaksana Osteoarthritis*. http://ejurnalmalahayati.ac.id/index.php/kesehatan

Behan, F. P., Bennett, A. N., Watson, F., Schofield, S., Miller, E. F., O'Sullivan, O., Boos, C. J., Fear, N. T., Cullinan, P., Conaghan, P. G., Bull, A. M. J., Edwards, M. B., Blackman, H., Chesnokov, M., Coady, E., Evans, S., Fraser, G., Kaya-Barge, M., Maskuniitty, M., … Sellon, E. (2025). Osteoarthritis after major combat trauma: the Armed Services Trauma Rehabilitation Outcome Study. *Rheumatology Advances in Practice*, *9*(2). https://doi.org/10.1093/rap/rkaf033

Betancourt, M. C. C., Maia, C. R., Munhoz, M., Morais, C. L., & Machado, E. G. (2022). A review of Risk Factors for Post-traumatic hip and knee osteoarthritis following musculoskeletal injuries other than anterior cruciate ligament rupture. *Orthopedic Reviews*, *14*(4). https://doi.org/10.52965/001C.38747

Bozkurt, M., & Açar, H. (2021). Clinical Anatomy of the Knee. In *Clinical Anatomy of the Knee*. Springer International Publishing. https://doi.org/10.1007/978-3-030-57578-6

Byun, J., Yoon, H. K., Oh, H. C., Youk, T., Ha, J. W., Kang, S., & Park, S. H. (2024). Relationship Between Revision Rate, Osteoarthritis, and Obesity for ACL Reconstruction: A Nationwide Retrospective Cohort Study. *Orthopaedic Journal of Sports Medicine*, *12*(8). https://doi.org/10.1177/23259671241266597

Cameron, K. L., Driban, J. B., & Svoboda, S. J. (2016). Osteoarthritis and the tactical athlete: A systematic review. In *Journal of Athletic Training* (Vol. 51, Issue 11, pp. 952–961). National Athletic Trainers' Association Inc. https://doi.org/10.4085/1062-6050-51.5.03

Carbone, A., & Rodeo, S. (2017). Review of current understanding of post-traumatic osteoarthritis resulting from sports injuries. In *Journal of Orthopaedic Research* (Vol. 35, Issue 3, pp. 397–405). John Wiley and Sons Inc. https://doi.org/10.1002/jor.23341

Christina, Y., & Fatmawati, N. (2024). *Hubungan Antara Usia Dan Indeks Massa Tubuh (Imt) Dengan Kejadian Osteoarthritis Lutut Pada Perempuan Di Rumah Sakit Santa Elisabeth Lubuk Baja Kota Batam Periode 2022* (Vol. 14, Issue 1).

Costa, D., Cruz, E. B., Silva, C., Canhão, H., Branco, J., Nunes, C., & Rodrigues, A. M. (2021). Factors Associated With Clinical and Radiographic Severity in People With Osteoarthritis: A Cross-Sectional Population-Based Study. *Frontiers in Medicine*, *8*. https://doi.org/10.3389/fmed.2021.773417

Culvenor, A. G., West, T. J., Bruder, A. M., Scholes, M. J., Barton, C. J., Roos, E. M., Oei, E. H. G., McPhail, S. M., Souza, R. B., Lee, J., Patterson, B. E., Girdwood, M. A., Couch, J. L., Crossley, K. M., Kimmel, L., Liew, S., Cross, E., Cimoli, C., Hardidge, A., … Evans, S. (2024). Recruitment and baseline characteristics of young adults at risk of early-onset knee osteoarthritis after ACL reconstruction in the SUPER-Knee trial. *BMJ Open Sport and Exercise Medicine*, *10*(2). https://doi.org/10.1136/bmjsem-2024-001909

Dalley. A, & Agur. A. (2023). *Moore's Clinicaly Oriented Anatomy 9th Edition*.

D'ambrosi, R., Di Silvestri, C., Manzi, L., Indino, C., Maccario, C., & Usuelli, F. G. (2019). Post-traumatic ankle osteoarthritis: Quality of life, frequency and associated factors. *Muscles, Ligaments and Tendons Journal*, *9*(3), 363–371. https://doi.org/10.32098/mltj.03.2019.10

Damerau, A., Rosenow, E., Alkhoury, D., Buttgereit, F., & Gaber, T. (2024). Fibrotic pathways and fibroblast-like synoviocyte phenotypes in osteoarthritis. In *Frontiers in Immunology* (Vol. 15). Frontiers Media SA. https://doi.org/10.3389/fimmu.2024.1385006

Delco, M. L., Kennedy, J. G., Bonassar, L. J., & Fortier, L. A. (2017). Post-traumatic osteoarthritis of the ankle: A distinct clinical entity requiring new research approaches. In *Journal of Orthopaedic Research* (Vol. 35, Issue 3, pp. 440–453). John Wiley and Sons Inc. https://doi.org/10.1002/jor.23462

Dhaifullah, M., Meregewa, P., Aryana, G., & Subawa, W. (2023). *HUBUNGAN USIA, JENIS KELAMIN, DAN PEKERJAAN TERHADAP DERAJAT KEPARAHAN PENDERITA OSTEOARTRITIS LUTUT BERDASARKAN KELLGREN- LAWRENCE DI RSUP SANGLAH DENPASAR*. *12*.

Dilley, J. E., Bello, M. A., Roman, N., McKinley, T., & Sankar, U. (2023). Post-traumatic osteoarthritis: A review of pathogenic mechanisms and novel targets for mitigation. *Bone Reports*, *18*. https://doi.org/10.1016/j.bonr.2023.101658

Dong, Y., Yan, Y., Zhou, J., Zhou, Q., & Wei, H. (2023). Evidence on risk factors for knee osteoarthritis in middle-older aged: a systematic review and meta analysis. In *Journal of Orthopaedic Surgery and Research* (Vol. 18, Issue 1). BioMed Central Ltd. https://doi.org/10.1186/s13018-023-04089-6

Duffaut, C. J., Goldman, J., & Miller, E. M. (2023). Clinical Evaluation of the Knee Arthritis Patient. *Techniques in Vascular and Interventional Radiology*, *26*(1). https://doi.org/10.1016/j.tvir.2022.100876

Dullu, S., Gessal, J., & Marpaung, E. (2016). *Jenis Modalitas Yang Digunakan Pada Osteoartritis Lutut Di Instalasi Rehabilitasi Medik Rsup Prof. Dr. R. D. Kandou Manado*. *Volume 1*.

Duong, V., Abdel Shaheed, C., Ferreira, M. L., Narayan, S. W., Venkatesha, V., Hunter, D. J., Zhu, J., Atukorala, I., Kobayashi, S., Goh, S. L., Briggs, A. M., Cross, M., Espinosa-Morales, R., Fu, K., Guillemin, F., Keefe, F., Stefan Lohmander, L., March, L., Milne, G. J., … Cooper, C. (2025). Risk factors for the development of knee osteoarthritis across the lifespan: A systematic review and meta-analysis. *Osteoarthritis and Cartilage*, *33*(10), 1162–1179. https://doi.org/10.1016/j.joca.2025.03.003

Fallon, E. A., Boring, M. A., Foster, A. L., Stowe, E. W., Lites, T. D., & Allen, K. D. (2017). *MMWR, Arthritis Prevalence Among Veterans — United States, 2017–2021*. https://www.cdc.gov/mmwr/mmwr_continuingEducation.html

Fang, Z., & Liu, W. (2024). Obesity-associated outcomes after ACL reconstruction: a propensity-score-matched analysis of the US Nationwide Inpatient Sample 2005–2018. *Journal of Orthopaedics and Traumatology*, *25*(1). https://doi.org/10.1186/s10195-024-00779-x

Farid, F., Rasyid, H. N., Mulyadi, D., & Tandjung, F. A. (2018). Perbandingan Derajat Osteoarthritis Lutut yang Mengalami Putusnya Anterior Cruciate Ligament (ACL) dengan dan Tanpa Disertai Robekan Total Medial Meniskus pada Model Lutut Kelinci. In *78 JSK* (Vol. 4).

Garcia, S. A., White, M. S., Gallegos, J., Balza, I., Kahan, S., & Palmieri-Smith, R. M. (2024). Associations between Body Mass Index, Gait Mechanics and Trochlear Cartilage Thickness in Those with ACL Reconstruction. *Medicine and Science in Sports and Exercise*, *56*(9), 1805–1815. https://doi.org/10.1249/MSS.0000000000003446

Geng, R., Li, J., Yu, C., Zhang, C., Chen, F., Chen, J., Ni, H., Wang, J., Kang, K., Wei, Z., Xu, Y., & Jin, T. (2023). Knee osteoarthritis: Current status and research progress in treatment (Review). *Experimental and Therapeutic Medicine*, *26*(4). https://doi.org/10.3892/etm.2023.12180

Golightly, Y. M., Shiue, K. Y., Nocera, M., Guermazi, A., Cantrell, J., Renner, J. B., Padua, D. A., Cameron, K. L., Svoboda, S. J., Jordan, J. M., Loeser, R. F., Kraus, V. B., Lohmander, L. S., Beutler, A. I., & Marshall, S. W. (2023). Association of Traumatic Knee Injury With Radiographic Evidence of Knee Osteoarthritis in Military Officers. *Arthritis Care & Research*, *75*(8), 1744–1751. https://doi.org/10.1002/acr.25072

Han, Z., Wang, K., Ding, S., & Zhang, M. (2024). Cross-talk of inflammation and cellular senescence: a new insight into the occurrence and progression of osteoarthritis. In *Bone Research* (Vol. 12, Issue 1). Springer Nature. https://doi.org/10.1038/s41413-024-00375-z

Hellmi, R. (2023). *Diagnosis dan Pengelolaan Osteoartritis (Lutut, Tangan, dan Panggul)*.

Herger, S., Wirth, W., Eckstein, F., Nüesch, C., Egloff, C., & Mündermann, A. (2024). Anterior cruciate ligament injury and age affect knee cartilage T2 but not thickness. *Osteoarthritis and Cartilage*. https://doi.org/10.1016/j.joca.2024.06.014

Hu, Y., Chen, X., Wang, S., Jing, Y., & Su, J. (2021). Subchondral bone microenvironment in osteoarthritis and pain. In *Bone Research* (Vol. 9, Issue 1). Springer Nature. https://doi.org/10.1038/s41413-021-00147-z

Huang, K., & Cai, H. (2025). Matrix stiffness in osteoarthritis: from mechanism introduction to biomaterial-based therapies. In *Frontiers in Endocrinology* (Vol. 16). Frontiers Media SA. https://doi.org/10.3389/fendo.2025.1571502

Ibrahim, A. (2024). *International Journal of Clinical Rheumatology*. https://doi.org/10.37532/1758-4272.2024.19(7).227-229

Jang, S., Lee, K., & Ju, J. H. (2021). Recent updates of diagnosis, pathophysiology, and treatment on osteoarthritis of the knee. In *International Journal of Molecular Sciences* (Vol. 22, Issue 5, pp. 1–15). MDPI AG. https://doi.org/10.3390/ijms22052619

Jiang, E. X., Abouljoud, M. M., Everhart, J. S., DiBartola, A. C., Kaeding, C. C., Magnussen, R. A., & Flanigan, D. C. (2019). Clinical factors associated with successful meniscal root repairs: A systematic review. *Knee*, *26*(2), 285–291. https://doi.org/10.1016/j.knee.2019.01.005

Juhro, S., Al Jihad, M. N., Machmudah, M., & Alfiyanti, D. (2024). The Impact of Body Mass Index on Osteoarthritis Severity Levels. *Media Keperawatan Indonesia*, *7*(4), 276. https://doi.org/10.26714/mki.7.4.2024.276-281

Kellgren, J. H., & Lawrence, J. S. (1957). RADIOLOGICAL ASSESSMENT OF OSTEOARTHROSIS. In *Ann. rheum. Dis*.

Kisner, C., & Cloby, L. (2018). *Therapeutic exercise : foundations and techniques*.

Li, X., Roemer, F. W., Cicuttini, F., MacKay, J. W., Turmezei, T., & Link, T. M. (2023). Early knee OA definition–what do we know at this stage? An imaging perspective. In *Therapeutic Advances in Musculoskeletal Disease* (Vol. 15). SAGE Publications Ltd. https://doi.org/10.1177/1759720X231158204

Li, X., Wang, S., Liu, W., Wu, H., & Zhu, Y. (2023). Causal effect of physical activity and sedentary behaviors on the risk of osteoarthritis: a univariate and multivariate Mendelian randomization study. *Scientific Reports*, *13*(1). https://doi.org/10.1038/s41598-023-46984-2

Loeser, R. F. (2017). THE ROLE OF AGING IN THE DEVELOPMENT OF OSTEOARTHRITIS. In *TRANSACTIONS OF THE AMERICAN CLINICAL AND CLIMATOLOGICAL ASSOCIATION* (Vol. 128).

Ma, X., Liu, Q., Xu, D., Fu, J., He, Y., & Huang, J. (2024). Biomechanical impact of progressive meniscal extrusion on the knee joint: a finite element analysis. *Journal of Orthopaedic Surgery and Research*, *19*(1). https://doi.org/10.1186/s13018-024-05249-y

Maia, C. R., Annichino, R. F., de Azevedo e Souza Munhoz, M., Machado, E. G., Marchi, E., & Castano-Betancourt, M. C. (2023). Post-traumatic osteoarthritis: the worst associated injuries and differences in patients' profile when compared with primary osteoarthritis. *BMC Musculoskeletal Disorders*, *24*(1). https://doi.org/10.1186/s12891-023-06663-9

Martini, F., & Nath, J. (2023). *Fundamental of Anatomy & Physiology* (12 Edition).

Melva, E., Manurung, F., Nababan, D., Ester, M., Sitorus, J., Manurung, K., Silitonga, E., & Mutiara Indonesia, U. S. (2022). *FAKTOR RESIKO*

KEJADIAN OSTOARTHRITIS LUTUT PADA PASIEN YANG BEROBAT DI POLI ORTOPEDI DI RUMAH SAKIT BHAYANGKARA TK. II MEDAN.

Mintarjo, J. A., Poerwanto, E., & Tedyanto, E. H. (2023). Current Non-surgical Management of Knee Osteoarthritis. *Cureus*. https://doi.org/10.7759/cureus.40966

Molloy, J. M., Pendergrass, T. L., Lee, I. E., Chervak, M. C., Hauret, K. G., & Rhon, D. I. (2020). Musculoskeletal Injuries and United States Army Readiness Part I: Overview of Injuries and their Strategic Impact. *Military Medicine*, *185*(9–10), e1461–e1471. https://doi.org/10.1093/milmed/usaa027

Novavah, M. H. (2020). Tentang Kedudukan dan Peran TNI dalam Lembaga Pemerintahan Negara. *Rechtenstudent Journal Fakultas Syariah IAIN Jember*, *1*(1).

Nugrahana, R. Y., Supartono, B., Makkiyah, F. A., & Heristyorini, A. (2025). Knee Osteoarthritis Risk is Increased Five-Fold After Knee Injury in Indonesian National Police Mobile Brigade Corps. *Jurnal Ilmiah Kedokteran Wijaya Kusuma*, *14*(1), 61–70. https://doi.org/10.30742/jikw.v14i1

Nurul, A., Izzah, F., Dhedie, A., Sam, P., & Abduh, M. (2025). *HUBUNGAN USIA, OBESITAS DAN JENIS KELAMIN TERHADAP RISIKO TERJADINYA OSTEOARTHRITIS LUTUT : LITERATURE REVIEW*.

O'Sullivan, O., Behan, F. P., Coppack, R. J., Stocks, J., Kluzek, S., Valdes, A. M., & Bennett, A. N. (2024). Osteoarthritis in the UK Armed Forces: a review of its impact, treatment and future research. In *BMJ Military Health* (Vol. 170, Issue 4, pp. 359–364). BMJ Publishing Group. https://doi.org/10.1136/military-2023-002390

Pamukoff, D. N., Holmes, S. C., Garcia, S. A., Vakula, M. N., Shumski, E. J., & Moffit, T. J. (2023). Influence of body mass index and anterior cruciate ligament reconstruction on gait biomechanics. *Journal of Orthopaedic Research*, *41*(5), 994–1003. https://doi.org/10.1002/jor.25451

Park, J. M. (2023). Association between obesity and osteoarthritis in the South Korean older population: A nationwide population-based study. *Medicine (United States)*, *102*(14), E33455. https://doi.org/10.1097/MD.0000000000033455

Perpres. (2019). *Peraturan Presiden Republik Indonesia Nomor 66 Tahun 2019 tentang Susunan Organisasi Tentara Nasional Indonesia.*

Powell, S. D., Siddall, A. G., Needham-Beck, S. C., Edwards, V. C., Light, N.,

Jackson, S., Greeves, J. P., Blacker, S. D., & Myers, S. D. (2023). Association between external training loads and injury incidence during 44 weeks of military training. *Scandinavian Journal of Medicine and Science in Sports*, *33*(7), 1211–1220. https://doi.org/10.1111/sms.14340

Pratama, A. D. (2019). Intervensi Fisioterapi Pada Kasus Osteoartritis Genu Di Rspad Gatot Soebroto. In *Jurnal Sosial Humaniora Terapan* (Vol. 1, Issue 2).

Ramasamy, T. S., Yee, Y. M., & Khan, I. M. (2021). Chondrocyte Aging: The Molecular Determinants and Therapeutic Opportunities. In *Frontiers in Cell and Developmental Biology* (Vol. 9). Frontiers Media S.A. https://doi.org/10.3389/fcell.2021.625497

Rao, C., & Shi, S. (2022). Development of Nanomaterials to Target Articular Cartilage for Osteoarthritis Therapy. In *Frontiers in Molecular Biosciences* (Vol. 9). Frontiers Media S.A. https://doi.org/10.3389/fmolb.2022.900344

Rodriguez-Merchan, E. C., & Encinas-Ullan, C. A. (2022). Knee Osteoarthritis Following Anterior Cruciate Ligament Reconstruction: Frequency, Contributory Elements, and Recent Interventions to Modify the Route of Degeneration. *Archives of Bone and Joint Surgery*, *10*(11), 951–958. https://doi.org/10.22038/ABJS.2021.52790.2616

Rosaline Fajar Sari, A. (2018). *Kewenangan Peradilan Militer Dalam Mengadili Purnawirawan TNI*. *1*.

Sanjaya, W. (2021). *Penelitian Pendidikan : Jenis, Metode, dan Prosedur* (4th ed.). Kencana.

Sastroasmoro, S., & Ismael, S. (2016). *Dasar-dasar Metodologi Penelitian Klinis* (5th ed.). Sagung Seto.

Sergi, T. E., Bode, K. B., Hildebrand, D. A., Dawes, J. J., & Joyce, J. M. (2023). Relationship between Body Mass Index and Health and Occupational Performance among Law Enforcement Officers, Firefighters, and Military Personnel: A Systematic Review. In *Current Developments in Nutrition* (Vol. 7, Issue 1). Elsevier B.V. https://doi.org/10.1016/j.cdnut.2022.100020

Shtroblia, V., Petakh, P., Kamyshna, I., Halabitska, I., & Kamyshnyi, O. (2025). Recent advances in the management of knee osteoarthritis: a narrative review. In *Frontiers in Medicine* (Vol. 12). Frontiers Media SA. https://doi.org/10.3389/fmed.2025.1523027

Stahlman, S. L., Hiban, K. M., Mahaney, H. J., & Ford, S. A. (2020). *MSMR MSMR Volume 28 Number 12*.

Steinmetz, J. D., Culbreth, G. T., Haile, L. M., Rafferty, Q., Lo, J., Fukutaki, K. G., Cruz, J. A., Smith, A. E., Vollset, S. E., Brooks, P. M., Cross, M., Woolf, A. D., Hagins, H., Abbasi-Kangevari, M., Abedi, A., Ackerman, I. N., Amu, H., Antony, B., Arabloo, J., … Kopec, J. A. (2023). Global, regional, and national burden of osteoarthritis, 1990-2020 and projections to 2050: a systematic analysis for the Global Burden of Disease Study 2021. *The Lancet Rheumatology*, *5*(9), e508–e522. https://doi.org/10.1016/S2665-9913(23)00163-7

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

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

Swandari, A. (2022). *Universitas Muhammadiyah Surabaya Quick Submit Quick Submit*.

Thomas, A. C., Hubbard-Turner, T., Wikstrom, E. A., & Palmieri-Smith, R. M. (2017). Epidemiology of posttraumatic osteoarthritis. In *Journal of Athletic Training* (Vol. 52, Issue 6, pp. 491–496). National Athletic Trainers' Association Inc. https://doi.org/10.4085/1062-6050-51.5.08

TNI AD. (2020). *DOKTRIN TNI AD KARTIKA EKA PAKSI*.

Wang, L. J., Zeng, N., Yan, Z. P., Li, J. T., & Ni, G. X. (2020a). Post-traumatic osteoarthritis following ACL injury. In *Arthritis Research and Therapy* (Vol. 22, Issue 1). BioMed Central Ltd. https://doi.org/10.1186/s13075-020-02156-5

Wang, L. J., Zeng, N., Yan, Z. P., Li, J. T., & Ni, G. X. (2020b). Post-traumatic osteoarthritis following ACL injury. In *Arthritis Research and Therapy* (Vol. 22, Issue 1). BioMed Central Ltd. https://doi.org/10.1186/s13075-020-02156-5

Wang, Q., Runhaar, J., Kloppenburg, M., Boers, M., Bijlsma, J. W. J., Bierma-Zeinstra, S. M. A., Aerts-Lankhorst, N. E., Agricola, R., Bastick, A. N., van Bentveld, R. D. W., van den Berg, P. J., Bijsterbosch, J., de Boer, A., Bohnen, A. M., Boonen, A. E. R. C. H., Bos, P. K., Boymans, T. A. E. J., Breedveldt-Boer, H. P., Brouwer, R. W., … de Vries, A. (2021). Diagnosis of early stage knee osteoarthritis based on early clinical course: data from the CHECK cohort. *Arthritis Research and Therapy*, *23*(1). https://doi.org/10.1186/s13075-021-02598-5

Wang, X., Li, Z., Cui, Y., Cui, X., Chen, C., & Wang, Z. (2021). Exosomes Isolated From Bone Marrow Mesenchymal Stem Cells Exert a Protective Effect on Osteoarthritis via lncRNA LYRM4-AS1-GRPR-miR-6515-5p. *Frontiers in Cell and Developmental Biology*, *9*.

https://doi.org/10.3389/fcell.2021.644380

Wechalekar, M. D., Oliviero, F., Uchida, K., & Evers, B. J. (2022). *Post-traumatic knee osteoarthritis; the role of inflammation and hemarthrosis on disease progression*.

Whittaker, J. L., Culvenor, A. G., Juhl, C. B., Berg, B., Bricca, A., Filbay, S. R., Holm, P., Macri, E., Urhausen, A. P., Ardern, C. L., Bruder, A. M., Bullock, G. S., Ezzat, A. M., Girdwood, M., Haberfield, M., Hughes, M., Ingelsrud, L. H., Khan, K. M., Le, C. Y., … Crossley, K. M. (2022). OPTIKNEE 2022: Consensus recommendations to optimise knee health after traumatic knee injury to prevent osteoarthritis. *British Journal of Sports Medicine*, *56*(24), 1393–1405. https://doi.org/10.1136/bjsports-2022-106299

Whittaker, J. L., Losciale, J. M., Juhl, C. B., Thorlund, J. B., Lundberg, M., Truong, L. K., Miciak, M., Van Meer, B. L., Culvenor, A. G., Crossley, K. M., Roos, E. M., Lohmander, S., & Van Middelkoop, M. (2022). Risk factors for knee osteoarthritis after traumatic knee injury: A systematic review and meta-analysis of randomised controlled trials and cohort studies for the OPTIKNEE Consensus. In *British Journal of Sports Medicine* (Vol. 56, Issue 24, pp. 1406–1421). BMJ Publishing Group. https://doi.org/10.1136/bjsports-2022-105496

WHO. (2015). *World report on ageing and health*. World Health Organization.

Wijaya, S. (2018). *Osteoartritis Lutut*.

Williams, V., Ying, S., & Stahlman, S. (2021). Osteoarthritis and Spondylosis, Active Component, U.S. Armed Forces, 2016-2020. *MSMR*, *28*(12), 2–13.

Xiang, Q., Wu, Z., Zhao, Y., Tian, S., Lin, J., Wang, L., Jiang, S., Sun, Z., & Li, W. (2024). Cellular and molecular mechanisms underlying obesity in degenerative spine and joint diseases. In *Bone Research* (Vol. 12, Issue 1). Springer Nature. https://doi.org/10.1038/s41413-024-00388-8