

DAFTAR PUSTAKA

- Adelt, E (2021). Lumbar Movement Control In Non-Specific Chronic Low Back Pain: Evaluation Of A Direction-Specific Battery Of Tests Using Item Response Theory. *Musculoskeletal Science And Practice*, 55. <https://doi.org/10.1016/j.msksp.2021.102406>
- Amit Sapra, 2022. (N.D.). Vital Sign Assessment. <https://www.ncbi.nlm.nih.gov/books/NBK553213/>.
- Aqila Zofianeysa (2025). Penatalaksanaan Fisioterapi Pada Kasus Low Back Pain Et Causa Spondylolisthesis: Laporan Kasus. *Inovasi Kesehatan Global*, 2(4), 166–175. <https://doi.org/10.62383/ikg.v2i4.2371>
- Azzam, I., Kurniawati, N., & Agustina, D. (2021). Exercise Therapy Yang Berpengaruh Efektif Terhadap Penurunan Nyeri Dan Disabilitas Penderita Hernia Nucleus Pulposus Lumbal. 21.
- Bagiartana, K. D. A., & Huriah, T. (2023). The Effects Of Core Stability Exercise In Improving Back Muscle Strength, Limb Muscles And Dynamic Balance In The Elderly In Singaraja, Indonesia. *Jurnal Keperawatan Soedirman*, 18(2), 58–63. <https://doi.org/10.20884/1.jks.2023.18.2.6682>
- De Los Monteros,. (2020). Use Of Neurodynamic Or Orthopedic Tension Tests For The Diagnosis Of Lumbar And Lumbosacral Radiculopathies: Study Of The Diagnostic Validity. *International Journal Of Environmental Research And Public Health*, 17(19), 1–12. <https://doi.org/10.3390/ijerph17197046>
- Elfadle, A. Y. (2022). Correlation Between Lumbar Spinal Canal Magnetic Resonance Imaging Grading Systems And Parameters In Lumbar Spinal Canal Compromise. *Egyptian Journal Of Neurology, Psychiatry And Neurosurgery*, 58(1). <https://doi.org/10.1186/S41983-022-00543-0>
- Fatma Hardini, K., (2024). Intervensi Fisioterapi Transcutaneous Electrical Nerve Stimulation (Tens) Dan Lumbar Stabilization Untuk Mengurangi Nyeri Dan Meningkatkan Lingkup Gerak Sendi (Lgs) Pada Kasus Low Back Pain E.C. Hernia Nucleus Pulposus. *Zahra: Journal Of Health And Medical Research*, 4(1), 148–156
- Ferreira, M. L. (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](https://doi.org/10.1016/S2665-9913(23)00098-X)

- Foreman, M.. (2023). Differentiating Lumbar Spinal Etiology From Peripheral Plexopathies. In Biomedicines (Vol. 11, Number 3). MDPI. <https://doi.org/10.3390/Biomedicines11030756>
- Haddas, R. (2025). Therapeutic Exercise Following Lumbar Spine Surgery: A Narrative Review. North American Spine Society Journal, 23. <https://doi.org/10.1016/J.Xnsj.2025.100620>
- Islam, M. W.. (2022). Effectiveness Of Core Stabilization Exercise Along With Conventional Physiotherapy On Pain, Proprioception And Disability In Patients With Chronic Low Back Pain: A Randomized Control Trial Protocol. Journal Of Orthopaedics And Sports Medicine, 04(03). <https://doi.org/10.26502/Josm.511500057>
- Jehaman, I.. (2024). The Effect Of Tens And Core Stability Exercise On The Functional Ability Of Mechanical Lower Back Pain Patients. JURNAL KESMAS DAN GIZI (JKG), 6(2), 333–342. <https://doi.org/10.35451/Jkg.V6i2.2133>
- Rosella Komalasari, D., & Ramona Sigit Prakoeswa, F. (N.D.). Efektivitas Latihan Muscle Energy Technique Padalow Back Pain Kronik Non Spesifik : A Narrative Review.
- Koivunen, K.. (2024). Reliability And Validity Of Oswestry Disability Index Among Patients Undergoing Lumbar Spinal Surgery. BMC Surgery, 24(1). <https://doi.org/10.1186/S12893-023-02307-W>
- Liza Berlina, & Ichwanuddin Ichwanuddin. (2024). Hernia Nukleus Pulposus. Termometer: Jurnal Ilmiah Ilmu Kesehatan Dan Kedokteran, 2(3), 175–197. <https://doi.org/10.55606/Termometer.V2i3.4119>
- Lum, U. I. (2025). Physiotherapy Management Of Lumbar Herniated Nucleus Pulposus: A Case Report. Majalah Ilmiah Fisioterapi Indonesia, 13(3), 492–497. <https://doi.org/10.24843/Mifi.000000355>
- Minamisawa, Y., Shirogane (2024). Histological Analysis Of Nucleus Pulposus Tissue From Patients With Lumbar Disc Herniation After Condoliase Administration. JOR Spine, 7(2). <https://doi.org/10.1002/Jsp2.1328>
- Nicol,. (2023). Chronic Low Back Pain: A Narrative Review Of Recent International Guidelines For Diagnosis And Conservative Treatment. In Journal Of Clinical Medicine (Vol. 12, Number 4). MDPI. <https://doi.org/10.3390/Jcm12041685>

- Nursaputri, N., & Sudaryanto, W. T. (2025). The Effect Of Core Stability Exercise And Functional Ability For Prevention Of Recurrences Of Low-Back Pain In Patients With Herniated Nucleus Pulposus. *Malahayati International Journal Of Nursing And Health Science*, 8(1), 68–73. <https://doi.org/10.33024/Minh.V8i1.749>
- Pesonen, J (2021). Extending The Straight Leg Raise Test For Improved Clinical Evaluation Of Sciatica: Validity And Diagnostic Performance With Reference To The Magnetic Resonance Imaging. *BMC Musculoskeletal Disorders*, 22(1). <https://doi.org/10.1186/S12891-021-04649-Z>
- Qiu, Y., (2024). Causal Association Of Leisure Sedentary Behavior And Cervical Spondylosis, Sciatica, Intervertebral Disk Disorders, And Low Back Pain: A Mendelian Randomization Study. *Frontiers In Public Health*, 12. <https://doi.org/10.3389/fpubh.2024.1284594>
- Qiu, Y., (2024b). Causal Association Of Leisure Sedentary Behavior And Cervical Spondylosis, Sciatica, Intervertebral Disk Disorders, And Low Back Pain: A Mendelian Randomization Study. *Frontiers In Public Health*, 12. <https://doi.org/10.3389/fpubh.2024.1284594>
- Raditya, 2025. (N.D.). Prevalensi Temuan Spondylosis Lumbal Pada Pemeriksaan Konvensional Radiologi Di RSUD Aloe Saboe Periode Januari-Juni 2025. Retrieved May 5, 2026, From <https://jurnal.unismuhpalu.ac.id/index.php/JKS/article/download/9585/6506/>
- Rusmayanti, M. Y., & Kurniawan, S. N. (2023). HNP LUMBALIS. *JPHV (Journal Of Pain, Vertigo And Headache)*, 4(1), 7–11. <https://doi.org/10.21776/Ub.Jphv.2023.004.01.2>
- Taheri, N., Becker, L., Reitmaier, S., Muellner, M., Schömig, F., Pumberger, M., & Schmidt, H. (2024). Schober Test Is Not A Valid Assessment Tool For Lumbar Mobility. *Scientific Reports*, 14(1). <https://doi.org/10.1038/S41598-024-54787-2>
- Tsagkaris, C., (2022). Infrared Radiation In The Management Of Musculoskeletal Conditions And Chronic Pain: A Systematic Review. In *European Journal Of Investigation In Health, Psychology And Education* (Vol. 12, Number 3, Pp. 334–343). MDPI. <https://doi.org/10.3390/Ejihpe12030024>
- Vanti, C. (2021). Lumbar Spondylolisthesis: STATE Of The Art On Assessment And Conservative Treatment. *Archives Of Physiotherapy*, 11(1). <https://doi.org/10.1186/S40945-021-00113-2>

- Vanti, C., (2021). Vertical Traction For Lumbar Radiculopathy: A Systematic Review. In Archives Of Physiotherapy (Vol. 11, Number 1). Biomed Central Ltd. <https://doi.org/10.1186/S40945-021-00102-5>
- Wahyono, E., Fikri Ramadhan, G., & Nur Alpiah, D. (2024). Effectiveness Of Use Of Transcutaneous Electrical Nerve Stimulation (Tens) Modality To Reduce Pain In The Lower Back: Literature Review (Vol. 2, Number 4).
- Wahyuni, W., & Kurnia, N. E. (2023). The Effectiveness Of Core Stability Exercises On Pain In Patients With Low Back Pain: A Meta-Analysis. Physical Therapy Journal Of Indonesia, 4(1), 85–90. <https://doi.org/10.51559/Ptji.V4i1.86>
- Widmer, J. (2020). Biomechanical Contribution Of Spinal Structures To Stability Of The Lumbar Spine—Novel Biomechanical Insights. Spine Journal, 20(10), 1705–1716. <https://doi.org/10.1016/J.Spinee.2020.05.541>
- World Health Organization (WHO). (N.D.). WHO Releases Guidelines On Chronic Low Back Pain.
- Zhang, C., (2024). Biomechanical Study Of Symmetric Bending And Lifting Behavior In Weightlifter With Lumbar L4-L5 Disc Herniation And Physiological Straightening Using Finite Element Simulation. Bioengineering, 11(8). <https://doi.org/10.3390/Bioengineering11080825>
- Zhou, H. (2024). L4/5 Disc Herniation: Not Unusually Accompanied With L5/S1 Low-Grade Spondylolytic Spondylolisthesis. Orthopaedic Surgery, 16(2), 444–451. <https://doi.org/10.1111/Os.13984>