

DAFTAR PUSTAKA

- Abdolrazaghi, M., et al. (2023). *Nerve and tendon gliding exercise in carpal tunnel syndrome management. Journal of Hand Therapy.*
- Arti, N. (2024). *Pengukuran range of motion menggunakan goniometer pada rehabilitasi muskuloskeletal.* Jurnal Fisioterapi Indonesia.
- Ashworth, N. (2010). *Carpal tunnel syndrome prognosis and recovery. Canadian Medical Association Journal.*
- Bittmann, F., et al. (2020). *Manual Muscle Testing: Reliability and validity in clinical practice. Journal of Bodywork and Movement Therapies.*
- Carpal, A., et al. (2025). *Education and home program in carpal tunnel syndrome prevention. International Journal of Rehabilitation Research.*
- Castelli, L., et al. (2020). *Peripheral neuropathy and differential diagnosis with carpal tunnel syndrome. Neurological Sciences.*
- Chaudhary, P., et al. (2024). *Prevalence of carpal tunnel syndrome among repetitive workers. Journal of Occupational Health.*
- Chen, Y., et al. (2023). *Effectiveness of TENS in musculoskeletal pain management. Pain Management Journal.*
- Chen, Y., et al. (2024). *Incidence and epidemiology of bilateral carpal tunnel syndrome. Clinical Neurology Journal.*
- Dewi, R., et al. (2024). *Effect of physiotherapy modalities on carpal tunnel syndrome. Jurnal Fisioterapi dan Rehabilitasi.*
- Erni, T., & Beise, R. (2023). *Spontaneous remission in idiopathic carpal tunnel syndrome. Neurology International.*
- Hacking, C., & Sharma, R. (2020). *Phalen test in carpal tunnel syndrome diagnosis. Radiopaedia Journal.*
- Hara, Y., & Yoshii, Y. (2025). *Differential diagnosis between cervical radiculopathy and carpal tunnel syndrome. Journal of Orthopaedic Science.*

Kevin Erlin Fadhilah, 2026

Penatalaksanaan carpal tunnel syndrome bilateral dengan kombinasi modalitas Ultrasound, Tens serta latihan nerve gliding dan tendon gliding untuk mengurangi nyeri dan meningkatkan aktivitas fungsional

UPN "Veteran" Jakarta, Fakultas Ilmu Kesehatan, Program Studi Fisioterapi Program Diploma Tiga

[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Harun, A., et al. (2023). *Computer use and upper extremity musculoskeletal disorders. Occupational Medicine Journal.*
- Hassan, M., et al. (2022). *Occupational risk factors of carpal tunnel syndrome: Systematic review and meta-analysis. Occupational and Environmental Medicine.*
- Hidayati, N., et al. (2022) *Clinical overview of carpal tunnel syndrome. Jurnal Neurologi Indonesia.*
- Jamal Fachrul, et al. (2022). *Nyeri sebagai respon sensorik dan emosional. Jurnal Keperawatan Indonesia.*
- Johnson, M., et al. (2022). *Transcutaneous Electrical Nerve Stimulation (TENS) for pain modulation. Pain Reports.*
- Joshi, A., et al. (2022). *Pathophysiology of carpal tunnel syndrome. Journal of Clinical Orthopaedics.*
- Jung, H., et al. (2024). *Multimodal physiotherapy intervention in bilateral carpal tunnel syndrome. Journal of Hand Rehabilitation.*
- Lam, P., et al. (2023). *Therapeutic ultrasound in physiotherapy practice. Physical Therapy Reviews.*
- Lin, C., et al. (2023). *Effectiveness of tendon gliding exercise in carpal tunnel syndrome. Journal of Rehabilitation Medicine.*
- Liu, F., et al. (2021). *Clinical examination and sensory testing in carpal tunnel syndrome. Journal of Clinical Neurology.*
- Ma, S., & Kim, J. (2012). *Sensitivity and specificity of Tinel test in carpal tunnel syndrome. Journal of Hand Surgery.*
- Maharani, D., & Syahda, R. (2025). *Prevalensi carpal tunnel syndrome pada populasi pekerja. Jurnal Kesehatan Kerja Indonesia.*
- Manik, R., et al. (2025). *Pemeriksaan fisik dalam praktik klinis fisioterapi. Jurnal Ilmu Kesehatan.*
- Nadhifah, S., et al. (2019). *Classification of carpal tunnel syndrome severity. Indonesian Journal of Rehabilitation Medicine.*
- Nugent, S., et al. (2021). *Numeric Rating Scale validity in pain assessment. Pain Assessment Journal.*

Kevin Erlin Fadhilah, 2026

Penatalaksanaan carpal tunnel syndrome bilateral dengan kombinasi modalitas Ultrasound Tens serta latihan nerve gliding dan tendon gliding untuk mengurangi nyeri dan meningkatkan aktivitas fungsional

UPN "Veteran" Jakarta, Fakultas Ilmu Kesehatan, Program Studi Fisioterapi Program Diploma Tiga

[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Omole, T., et al. (2023). *Etiology and risk factors of carpal tunnel syndrome. StatPearls Publishing.*
- Padua, L., et al. (2021). *ICF approach in physiotherapy diagnosis of carpal tunnel syndrome. European Journal of Physical Rehabilitation Medicine.*
- PAKER, N., et al. (2020). *Range of motion assessment in carpal tunnel syndrome patients. Turkish Journal of Physical Medicine and Rehabilitation.*
- Paramita, D., et al. (2021). *Clinical manifestations of carpal tunnel syndrome in garment workers. Jurnal Ergonomi Indonesia.*
- Pratiwi, R., et al. (2022). *Ergonomic factors associated with carpal tunnel syndrome. Jurnal Kesehatan Kerja.*
- Rara, S., et al. (2023). *Ultrasound dosage and parameters in physiotherapy. Indonesian Physical Therapy Journal.*
- Rotaru-Zavaleanu, A., et al. (2024). *Biomechanical effects of nerve gliding exercise in CTS. Journal of Neurorehabilitation.*
- Sheereen, F., et al. (2022). *Neural mobilization exercise for carpal tunnel syndrome. Journal of Physiotherapy Science.*
- Sierra-Silvestre, E., et al. (2024). *Combined multimodal physiotherapy in carpal tunnel syndrome. Rehabilitation Research Journal.*
- Siqueira, M., & Martins, R. (2024). *Hoffmann-Tinel sign in peripheral neuropathy diagnosis. Journal of Neurological Examination*.
- Subadi, I., et al. (2021). *Median nerve mobilization exercise for carpal tunnel syndrome. Jurnal Rehabilitasi Medik.*
- Verhagen, A., et al. (2023). *Carpal tunnel syndrome associated with repetitive motion. Journal of Musculoskeletal Disorders.*
- Zahwa, N., & Widanti, A. (2024). *Median nerve mobilization as home exercise in CTS. Jurnal Fisioterapi Modern.*
- Zein Prasetyo Nugroho, et al. (2024). *Conservative hysiotherapy management in carpal tunnel syndrome. Jurnal Terapi Fisik Indonesia.*
- Ortanca, B., Armağan, O., Bakılan, F., Özgen, M., Berkan, F., & Öner, S. (2022). *A randomized-controlled clinical trial comparing the effects of*

Kevin Erlin Fadhilah, 2026

Penatalaksanaan carpal tunnel syndrome bilateral dengan kombinasi modalitas Ultrasoun Tens serta latihan nerve gliding dan tendon gliding untuk mengurangi nyeri dan meningkatkan aktivitas fungsional

UPN "Veteran" Jakarta, Fakultas Ilmu Kesehatan, Program Studi Fisioterapi Program Diploma Tiga

[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

steroid phonophoresis and therapeutic ultrasound in carpal tunnel syndrome. Archives of Rheumatology, 37(4), 517–526.

Peris Moya, A., Pérez Mármol, J. M., Khoury Martín, E. F., & García Ríos, M. C. (2022). *Ultrasound improves motor distal latency on patients with carpal tunnel syndrome: Systematic review and meta-analysis. European Journal of Physical and Rehabilitation Medicine, 58(2),*

Kevin Erlin Fadhilah, 2026

Penatalaksanaan carpal tunnel syndrome bilateral dengan kombinasi modalitas Ultrasoun Tens serta latihan nerve gliding dan tendon gliding untuk mengurangi nyeri dan meningkatkan aktivitas fungsional

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Fisioterapi Program Diploma Tiga

[www.upnvj.ac.id-www.library.upnvj.do.ac.id-www.repository.upnvj.ac.id]