

## DAFTAR PUSTAKA

- Acar, S., Aljumaa, H., Şevik, K., Karatosun, V. and Ünver, B. (2024) 'The Intrarater and Interrater Reliability and Validity of Universal Goniometer, Digital Inclinometer, and Smartphone Application Measuring *Range of motion* in Patients with Total *Knee* Arthroplasty', *Indian Journal of Orthopaedics*, 58(6), pp. 732–739. doi:10.1007/s43465-024-01129-z.
- Afonso, J., Olivares-Jabalera, J. and Andrade, R. (2021) 'Time to Move From Mandatory *Stretching*? We Need to Differentiate Can I From Do I Have To', *Frontiers in Physiology*, 12. doi:10.3389/fphys.2021.714166.
- Aiello, F., Impellizzeri, F.M., Brown, S.J., Serner, A. and McCall, A. (2023) '*Injury*-Inciting Activities in Male and Female Football Players: A Systematic Review', *Sports Medicine*, 53(1), pp. 151–176. doi:10.1007/s40279-022-01776-2.
- Amanda, N.Y. (2024) 'Case Report: Peran Fisioterapi dalam Kasus Stiffness *Knee* Pasca Operasi', *Jurnal Penelitian Multidisiplin Bangsa*, 1(6). Available at: <https://ejournal.amirulbangunbangsapublishing.com/index.php/jpnmb/index>.
- Anggiat, L. (2021) 'Early Stage Rehabilitation for *Strain Hamstring* : a Case Report', *INSPIREE: Indonesian Sport Innovation Review*, 2(2), p. 138.
- Ardiyanti, D. (2022) 'Pemeriksaan Gerak Aktif pada Kondisi Cedera Muskuloskeletal', *Jurnal Fisioterapi dan Rehabilitasi*, 6(1), pp. 35–42.
- Arti, W., & Widanti, H. N. (2024). Buku ajar pemeriksaan dan pengukuran fisioterapi muskuloskeletal. EGC Penerbit Buku Kedokteran
- Bortnik, L., Bruce-Low, S., Burger, J., Alexander, J., Harper, D., Morgans, R., Carling, C., McDaid, K. and Rhodes, D. (2024) 'Physical match demands across different playing positions during transitional play and high-pressure activities in elite soccer', *Biology of Sport*, 42(2), pp. 73–82. doi:10.5114/biolsport.2025.136889.
- Bohannon, R.W., Steffl, M., Glenney, S.S., Green, M., Cashwell, L., Prajerova, K. and Bunn, J. (2022) 'The single-leg stance test: a scoping review of methodology and performance', *Journal of Physical Therapy Science*, 34(5), pp. 365–372. doi:10.1589/jpts.34.365.
- Clagg, S., Paterno, M.V., Hewett, T.E. and Schmitt, L.C. (2022) 'Performance on the modified star excursion balance test at the time of *return to sport* following anterior cruciate ligament reconstruction', *Journal of Orthopaedic and Sports Physical Therapy*, 52(4), pp. 201–209. doi:10.2519/jospt.2022.10\_MAPT.
- Dewi, N.L.A.C., Prianthara, I.M.D. and Manuaba, I.R.W. (2024) 'Perbedaan Neurodynamic Sliding Technique dengan Static *Stretching* terhadap Peningkatan Fleksibilitas Otot *Hamstring* pada Penjahit di Lestari Jaya

- Konveksi', *Media Physiotherapy Journal of Science*, 1, p. 39. doi:10.64094/9kra7b42.
- Ekstrand, J., Bengtsson, H., Waldén, M., Davison, M., Khan, K.M. and Häggglund, M. (2022) '*Hamstring injury* rates have increased during recent seasons and now constitute 24% of all injuries in men's professional football: the UEFA Elite Club *Injury* Study from 2001/02 to 2021/22', *British Journal of Sports Medicine*, 57(5), pp. 292–298. doi:10.1136/bjsports-2021-105407.
- Ekstrand, J., Häggglund, M. and Waldén, M. (2011) 'Epidemiology of muscle injuries in professional football (soccer)', *American Journal of Sports Medicine*, 39(6), pp. 1226–1232. doi: 10.1177/0363546510395879.
- Eimiller, K., Stoddard, E., Janes, B., Smith, M., & Vincek, A. (2024). *Reliability of goniometric techniques for measuring hip flexor length using the modified Thomas test*. *International Journal of Sports Physical Therapy*, 19(8), 997–1002. <https://doi.org/10.26603/001c.120899>
- González-de-la-Flor, Á. and García-Pérez-de-Sevilla, G. (2024) '*A criteria-based progressive rehabilitation program for rectus femoris strain in a recreational soccer player: a case report*', *Frontiers in Bioengineering and Biotechnology*, 12. doi:10.3389/fbioe.2024.1385786.
- Gokeler, A., Welling, W., Zaffagnini, S., Seil, R., & Padua, D. (2022). Development of a test battery to enhance safe *return to sports* after anterior cruciate ligament reconstruction. *Knee Surgery, Sports Traumatology, Arthroscopy*, 25(1), 192–199. <https://doi.org/10.1007/s00167-016-4246-3>
- Grindem, H., Arundale, A.J.H. and Ardern, C.L. (2022) '*Alarming underutilisation of return-to-sport criteria in knee injury* randomised controlled trials: a systematic review', *British Journal of Sports Medicine*, 56(3), pp. 177–185. doi:10.1136/bjsports-2020-103724.
- Hafström, A., Malmström, E.M., Terdèn, J., Fransson, P.A. and Magnusson, M. (2021) '*Improved balance confidence and stability for elderly after 6 weeks of a multimodal self-administered balance-enhancing exercise program*', *Gerontology and Geriatric Medicine*, 7, p. 23337214211009591. doi:10.1177/23337214211009591.
- Hammami, R., Granacher, U., Makhlof, I., Behm, D. G., & Chaouachi, A. (2021). Sequencing effects of balance and plyometric training on physical performance in youth soccer athletes. *Journal of Strength and Conditioning Research*, 35(4), 1088–1098. <https://doi.org/10.1519/JSC.0000000000002839>
- Hendrawan, R. (2019) *Efektivitas Terapi Latihan untuk Menurunkan Nyeri dan Meningkatkan Fungsi Pergelangan Kaki Pasca Cedera Ankle*. Skripsi. Tidak diterbitkan.
- Jannah, M., Agustina, L., & Fauziah. (2022). *Pelaksanaan Ultrasound Dan Terapi Latihan Pada Kasus Trigger Finger*.

- Järvinen, T.A.H., Järvinen, M. and Kalimo, H. (2014) 'Regeneration of injured skeletal muscle after the *injury*', *Muscles, Ligaments and Tendons Journal*, 3(4), pp. 337–345. doi:10.11138/mltj/2013.3.4.337.
- Jokela, A., Mechó, S., Pasta, G., Valle, X., Pruna, R. and Lempainen, L. (2023) 'Indirect *Rectus femoris Injury* Mechanisms in Professional Soccer Players: Video Analysis and Magnetic Resonance Imaging Findings', *Clinical Journal of Sport Medicine*, 33(5), pp. 475–482. doi:10.1097/JSM.0000000000001131.
- Knapik, D.M., Alter, T.D., Ganapathy, A., Smith, M.V., Brophy, R.H. and Matava, M.J. (2023) 'Isolated, Full-Thickness Proximal *Rectus femoris Injury* in Competitive Athletes: A Systematic Review of *Injury* Characteristics and Return to Play', *Orthopaedic Journal of Sports Medicine*, 11(1). doi:10.1177/23259671221144984.
- Kyritsis, P., Bahr, R., Landreau, P., Miladi, R., & Witvrouw, E. (2021). Likelihood of ACL graft rupture: not meeting six clinical discharge criteria before *return to sport* is associated with a four times greater risk of rupture. *British Journal of Sports Medicine*, 50(15), 946–951. <https://doi.org/10.1136/bjsports-2015-095908>
- Lacio, M., Vieira, J.G., Trybulski, R., Campos, Y., Santana, D., Filho, J.E., Novaes, J., Vianna, J. and Wilk, M. (2021) 'Effects of resistance training performed with different loads in untrained and trained male adult individuals on maximal *strength* and muscle hypertrophy: A systematic review', *International Journal of Environmental Research and Public Health*, 18(21). doi:10.3390/ijerph182111237.
- Lee, D. K., Kim, G. M., Ha, S. M., & Oh, J. S. (2022). Correlation of the Y-balance test with lower-limb *strength* of adult women. *Journal of Physical Therapy Science*, 27(12), 3686–3689. <https://doi.org/10.1589/jpts.27.3686>
- Lempainen, L., Mechó, S., Valle, X., Mazzoni, S., Villalon, J., Freschi, M., Sala, L. and Puigdemívol, J. (2022) 'Management of anterior thigh injuries in soccer players: practical guide', *BMC Sports Science, Medicine and Rehabilitation*, 14, p. 41. doi:10.1186/s13102-022-00428-y.
- Leonardi, M. et al. (2022) '20 Years of ICF—International Classification of Functioning, Disability and Health: Uses and Applications around the World', *International Journal of Environmental Research and Public Health*, 19(18). doi:10.3390/ijerph191811321.
- Logerstedt, D. S., Scalzitti, D. A., Bennell, K. L., Hinman, R. S., Silvers-Granelli, H., Ebert, J., & Snyder-Mackler, L. (2022). *Knee* pain and mobility impairments: meniscal and articular cartilage lesions — clinical practice guidelines. *Journal of Orthopaedic & Sports Physical Therapy*, 48(2), A1–A50. <https://doi.org/10.2519/jospt.2018.0301>
- Luo, Z., Gao, Y., Shan, X., Li, Z. and Guo, J. (2025) 'Resistance exercise training improves disuse-induced skeletal muscle atrophy in humans: a meta-

- analysis of randomized controlled trials', *BMC Musculoskeletal Disorders*, 26(1), p. 128. doi:10.1186/s12891-025-08384-7.
- Lyons, K.M., Hanney, W.J., Pinette, J. and Wilson, A.T. (2024) 'Exercise induced hypoalgesia during different intensities of a dynamic resistance exercise: a randomized controlled trial', *PLOS ONE*, 19(4), p. e0299481. doi:10.1371/journal.pone.0299481.
- Lyons, K.M., Stock, M.S., Hanney, W.J. and Anderson, A.W. (2024) 'The effect of resistance exercise on multimodal pain thresholds in local and systemic muscle sites', *Physiological Reports*, 12(12). doi:10.14814/phy2.16123.
- Martin, R.R.L., Cibulka, M.T., Bolgia, L.A., Koc, T.A., Loudon, J.K., Manske, R.C., Weiss, L., Christoforetti, J.J. and Heiderscheit, B.C. (2022) '*Hamstring Strain Injury* in Athletes', *Journal of Orthopaedic and Sports Physical Therapy*, 52(3), pp. CPG1–CPG44. doi:10.2519/jospt.2022.0301.
- Marušič, J., Marković, G. and Šarabon, N. (2021) 'Reliability of a new portable *dynamometer* for assessing *hip* and lower limb *strength*', *Applied Sciences* (Switzerland), 11(8). doi:10.3390/app11083391.
- Mellemkjær, F.H., Madeleine, P., Nørgaard, J.E., Jørgensen, M.G. and Kristiansen, M. (2024) 'Assessing Isometric *Quadriceps* and *Hamstring Strength* in Young Men and Women: Between-Session Reliability and Concurrent Validity', *Applied Sciences* (Switzerland), 14(3). doi:10.3390/app14030958.
- Mendiguchia, J., Alentorn-Geli, E., Idoate, F. and Myer, G.D. (2013) '*Rectus femoris* muscle injuries in football: a clinically relevant review of mechanisms of *injury*, risk factors and preventive strategies', *British Journal of Sports Medicine*, 47(6), pp. 359–366. doi:10.1136/bjsports-2012-091250.
- Muntner, P. and Schiffrin, E.L. (2025) 'Overview of the 2025 American Heart Association/American College of Cardiology Blood Pressure Guideline: Perspective From Editors at the American Journal of Hypertension', *American Journal of Hypertension*. doi:10.1093/ajh/hpaf181.
- Nara, G., Samukawa, M., Oba, K., Koshino, Y., Ishida, T., Kasahara, S. and Tohyama, H. (2021) 'The deficits of isometric *knee flexor strength* in *hamstring* lengthened position after *hamstring strain injury*', *Physical Therapy in Sport*, pp. 91–96. doi:10.1016/j.ptsp.2021.11.011.
- Narducci, E., Waltz, A., Gorski, K., Leppla, L. and Donaldson, M. (2021) 'The clinical utility of functional performance testing for *return to sport* following anterior cruciate ligament reconstruction', *International Journal of Sports Physical Therapy*, 16(1), pp. 110–123. doi:10.26603/001c.18888.
- Nugent, S.M., Lovejoy, T.I., Shull, S., Dobscha, S.K. and Morasco, B.J. (2021) 'Associations of Pain *Numeric Rating Scale* Scores Collected during Usual Care with Research Administered Patient Reported Pain Outcomes', *Pain Medicine*, 22(10), pp. 2235–2241. doi:10.1093/pm/pnab110.

- Pietsch, S. and Pizzari, T. (2022) 'Risk Factors for *Quadriceps* Muscle Strain Injuries in Sport: A Systematic Review', *Journal of Orthopaedic & Sports Physical Therapy*, 52(6), pp. 389–400. doi:10.2519/jospt.2022.10870.
- Pietsch, S., Green, B., Schache, A.G. and Pizzari, T. (2024) 'Epidemiology of *quadriceps* muscle strain injuries in elite male Australian football players', *Scandinavian Journal of Medicine & Science in Sports*, 34(1), e14542. doi:10.1111/sms.14542.
- Prayoga, D.A. and Nurrochmah, S. (2024) 'Pemeriksaan Antropometri Segmen Tubuh pada Atlet Sepak Bola', *Sport Science and Health*, 6(2), pp. 98–107.
- Pinheiro, L. S., Oliveira, V. M. A., Couto, C. R., & Saccol, M. F. (2021). Single-leg stance postural control in soccer players after muscle fatigue. *Brazilian Journal of Physical Therapy*, 25(3), 324–331. <https://doi.org/10.1016/j.bjpt.2020.08.001>
- Santanna, J.P.C., Pedrinelli, A., Hernandez, A.J. and Fernandes, T.L. (2021) 'Muscle *Injury*: Pathophysiology, Diagnosis, and Treatment', *Revista Brasileira de Ortopedia*, 57(1), pp. 1–13. doi:10.1055/s-0041-1731417.
- Sarmiento, H., Martinho, D.V., Gouveia, É.R., Afonso, J., Chmura, P., Field, A., Savedra, N.O., Oliveira, R., Praça, G., Silva, R., Barrera-Díaz, J. and Clemente, F.M. (2024) 'The Influence of Playing Position on Physical, Physiological, and Technical Demands in Adult Male Soccer Matches: A Systematic Scoping Review with Evidence Gap Map', *Sports Medicine*, 54(11), pp. 2841–2864. doi:10.1007/s40279-024-02075-0.
- Sulistyowati, E. (2018) 'Keterampilan Dasar Keperawatan: Pemeriksaan Fisik dan Tanda-Tanda Vital', *Jurnal Ilmu Kesehatan*, 6(2), pp. 1–10.
- Tafonao, T., Laoli, N. and Waruwu, M. (2023) 'Pemeriksaan Antropometri sebagai Indikator Status Gizi pada Remaja Aktif Olahraga', *Jurnal Olahraga dan Kesehatan Indonesia*, 3(1), pp. 21–30.
- Tenniglo, M.J.B., Nederhand, M.J., Fleuren, J.F., Rietman, J.S., Buurke, J.H. and Prinsen, E.C. (2022) 'Does the Duncan-Ely test predict abnormal activity of the rectus femoris in stroke survivors with a stiff knee gait?', *Journal of Rehabilitation Medicine*, 54, p. jrm00247. doi: 10.2340/jrm.v53.637.
- Wellsandt, E., Failla, M. J., & Snyder-Mackler, L. (2021). Limb symmetry indexes can overestimate *knee* function after anterior cruciate ligament *injury*. *Journal of Orthopaedic & Sports Physical Therapy*, 47(5), 334–338. <https://doi.org/10.2519/jospt.2017.7285>
- Wicaksana, E.S.A., Sapulete, J.J. and Nurjamal (2021) 'Hubungan Kecepatan, Kelincahan, dan Kelentukkan dengan Menggiring Bola Siswa Ekstrakurikuler SMP Negeri 1 Muara Badak Kalimantan Timur', *Borneo Physical Education Journal*, 2(1). Available at: <https://jurnal.fkip.unmul.ac.id/index.php/bpej>.
- Widodo, A.F., Tien, C.W., Chen, C.W. and Lai, S.C. (2022) '*Isotonic* and isometric exercise interventions improve the *hamstring* muscles' strength and

- flexibility: a narrative review', *Healthcare*, 10(5), p. 811. doi:10.3390/healthcare10050811.
- Wulff, M.W., Mackey, A.L., Kjær, M. and Bayer, M.L. (2024) 'Return to sport, Reinjury Rate, and Tissue Changes after Muscle *Strain Injury*: A Narrative Review', *Translational Sports Medicine*, 2024, 2336376. doi:10.1155/2024/2336376.
- Xiao, M., Lee, J.J., Boissiere, J.C., Sherman, S.L., Safran, M.R., Abrams, G.D. and Hwang, C.E. (2025) 'Video Analysis of Acute Lower Extremity *Injury* Mechanisms in Soccer Demonstrates Most Anterior Cruciate Ligament, Achilles, and Muscle Injuries Occur Without Direct Contact: A Systematic Review and Meta-analysis', *Arthroscopy: The Journal of Arthroscopic & Related Surgery*, 41(9), pp. 3650–3662. doi:10.1016/j.arthro.2025.01.023.
- Yossi Maryanti, Darmawi, Izza Fattalia Zikra, Najmi Khairussyifa, Regina Trisya Arenja dan Sabrina Aini, 2025. 'Karakteristik Pasien Nyeri Punggung Bawah di Poliklinik Saraf RSUD Arifin Achmad Provinsi Riau', *Jurnal Ilmu Kedokteran (Journal of Medical Science)*, 19(1), pp. 77–83. Available at: <https://doi.org/10.26891/JIK.v19i1.2025>.
- Yudiansyah, Y. (2022) 'Edukasi Tehnik *Stretching* Exercise Terhadap Peningkatan Fleksibilitas pada Tungkai Bawah', *Khidmah*, 4(2), pp. 550–557. doi:10.52523/khidmah.v4i2.403.