

DAFTAR PUSTAKA

- Ahn, N., & Kim, K. 2015. Effects of an elastic band resistance exercise program on lower extremity muscle strength and gait ability in patients with Alzheimer's disease. *Journal of Physical Therapy Science*, 27(6), 1953–1955. <https://doi.org/10.1589/jpts.27.1953>
- Arakelian, V. M., Goulart, C. da L., Mendes, R. G., Sousa, N. M. de, Trimer, R., Guizilini, S., Sampaio, L. M. M., Baldissera, V., Arena, R., Reis, M. S., & Borghi-Silva, A. 2019. Physiological responses in different intensities of resistance exercise—Critical load and the effects of aging process. *Journal of Sports Sciences*, 37(12), 1420–1428. <https://doi.org/10.1080/02640414.2018.1561389>
- Asp, M., Simonsson, B., Larm, P., & Molarius, A. 2017. Physical mobility, physical activity, and obesity among elderly: findings from a large population-based Swedish survey. *Public Health*, 147, 84–91. <https://doi.org/10.1016/j.puhe.2017.01.032>
- Bohannon, R. W., & Williams Andrews, A. 2011. Normal walking speed: A descriptive meta-analysis. *Physiotherapy*, 97(3), 182–189. <https://doi.org/10.1016/j.physio.2010.12.004>
- Carolyn Kisner & Lynn Colby. 2017. *THERAPEUTIC EXercise: FOUNDATION AND TECHNIQUES* (S. T. F. Nur Asyiah Indrawati Ghani (ed.); ED. 6, vol). penerbit buku kedokteran EGC.
- Chan, W. L. S., & Pin, T. W. 2019. Reliability, validity and minimal detectable change of 2-minute walk test, 6-minute walk test and 10-meter walk test in frail older adults with dementia. *Experimental Gerontology*, 115(November 2018), 9–18. <https://doi.org/10.1016/j.exger.2018.11.001>
- Chen, K. M., Li, C. H., Chang, Y. H., Huang, H. T., & Cheng, Y. Y. 201). An elastic band exercise program for older adults using wheelchairs in Taiwan nursing homes: A cluster randomized trial. *International Journal of Nursing Studies*, 52(1), 30–38. <https://doi.org/10.1016/j.ijnurstu.2014.06.005>
- Chen, R., Wu, Q., Wang, D., Li, Z., Liu, H., Liu, G., Cui, Y., & Song, L. 2019. Effects of elastic band exercise on the frailty states in pre-frail elderly people. *Physiotherapy Theory and Practice*, 00(00), 1–9. <https://doi.org/10.1080/09593985.2018.1548673>

- Colado, J. C., Pedrosa, F. M., Juesas, A., Gargallo, P., Carrasco, J. J., Flandez, J., Chupel, M. U., Teixeira, A. M., & Naclerio, F. 2018. Concurrent validation of the OMNI-Resistance Exercise Scale of perceived exertion with elastic bands in the elderly. *Experimental Gerontology*, 103(December 2017), 11–16. <https://doi.org/10.1016/j.exger.2017.12.009>
- Cruz-Jimenez, M. 2017. Normal Changes in Gait and Mobility Problems in the Elderly. *Physical Medicine and Rehabilitation Clinics of North America*, 28(4), 713–725. <https://doi.org/10.1016/j.pmr.2017.06.005>
- Forte, R., & De Vito, G. 2019. Comparison of Neuromotor and Progressive Resistance Exercise Training to Improve Mobility and Fitness in Community-Dwelling Older Women. *Journal of Science in Sport and Exercise*, 1(2), 124–131. <https://doi.org/10.1007/s42978-019-0017-4>
- Frida Sianita Nur Af'idah, Yulis Setya Dewi, S. H. 2008. No Title. *STUDI RISIKO JATUH MELALUI PEMERIKSAAN DYNAMIC GAIT INDEX (DGI) PADA LANSIA DI PANTI WERDHA HARGODEDALI SURABAYA*, 13.
- Kiik, S. M., Sahar, J., & Permatasari, H. 2018. Peningkatan Kualitas Hidup Lanjut Usia (Lansia) Di Kota Depok Dengan Latihan Keseimbangan. *Jurnal Keperawatan Indonesia*, 21(2), 109–116. <https://doi.org/10.7454/jki.v21i2.584>
- Lans, C., Cider, Å., Nylander, E., & Brudin, L. 2018. Peripheral muscle training with resistance exercise bands in patients with chronic heart failure. Long-term effects on walking distance and quality of life; a pilot study. *ESC Heart Failure*, 5(2), 241–248. <https://doi.org/10.1002/ehf2.12230>
- Lee, D. ., Yoon, D. ., Lee, J. ., Ponday, S. ., Park, J., & Song, W. 2020. Effects of High-Speed Power Training on Neuromuscular and Gait Functions in Frail Elderly with Mild Cognitive Impairment Despite Blunted Executive Functions: A Randomized Controlled Trial. *The Journal of Frailty & Aging*, 8. <https://doi.org/10.14283/jfa.2020.23>
- Liao, C. De, Tsauo, J. Y., Huang, S. W., Ku, J. W., Hsiao, D. J., & Liou, T. H. 2018. Effects of elastic band exercise on lean mass and physical capacity in older women with sarcopenic obesity: A randomized controlled trial. *Scientific Reports*, 8(1), 1–13. <https://doi.org/10.1038/s41598-018-20677-7>
- Meurisse, G. M., Bastien, G. J., & Schepens, B. 2019. Effect of age and speed on the step-to-step transition phase during walking. *Journal of Biomechanics*, 83(xxxx), 253–259. <https://doi.org/10.1016/j.jbiomech.2018.12.001>
- Middleton, A., Fritz, S. L., & Lusardi, M. 2015. Walking Speed: The Functional Vital Sign. *Journal of Aging and Physical Activity*, 23(2), 314–322.

- <https://doi.org/10.1123/japa.23.2.314>
- Misnaniarti, M. 2017. Situation Analysis of Elderly People and Efforts To Improve Social Welfare in Indonesia. *Jurnal Ilmu Kesehatan Masyarakat*, 8(2), 67–73. <https://doi.org/10.26553/jikm.2017.8.2.67-73>
- Moro, T., Brightwell, C. R., Phalen, D. E., McKenna, C. F., Lane, S. J., Porter, C., Volpi, E., Rasmussen, B. B., & Fry, C. S. 2019. Low skeletal muscle capillarization limits muscle adaptation to resistance exercise training in older adults. *Experimental Gerontology*, 127(September), 110723. <https://doi.org/10.1016/j.exger.2019.110723>
- Namkoong, S.-R. P.-L. R. 2017. The Effect of Stretching and Elastic Band Exercises Knee Space Distance and Plantar Pressure Distribution during Walking in Young Individuals with Genu Varum. *Journal of The Korean Society of Physical Medicine*, 12(1), 83–91. <https://doi.org/10.13066/kspm.2017.12.1.83>
- Naomi Katayama, Miki Kamijyo, & Shoko Kondo. 2019. Relationship between Walking Speed and Exercise Habits of Elderly People. *J. of Health Science*, 7(3), 193–197. <https://doi.org/10.17265/2328-7136/2019.03.007>
- Saeterbakken, A. H., Bårdstu, H. B., Brudeseth, A., & Andersen, V. 2018. Effects of Strength Training on Muscle Properties, Physical Function, and Physical Activity among Frail Older People: A Pilot Study. *Journal of Aging Research*, 2018, 14–17. <https://doi.org/10.1155/2018/8916274>
- Safrin Arifin&Sri Yani. 2013. *Atlas Anatomi Otot Untuk Fisioterapi*. PT. Sejahtera Bersama Yuk.
- Vafaeenasab, M. R., Kuchakinejad Meybodi, N., Fallah, H. R., Ali Morowatisharifabad, M., Namayandeh, S. M., & Beigomi, A. 2019. The Effect of Lower Limb Resistance Exercise with Elastic Band on Balance, Walking Speed, and Muscle Strength in Elderly Women. *Elderly Health Journal*, 5(1), 58–64. <https://doi.org/10.18502/ehj.v5i1.1201>
- Yoon, D. H., Lee, J. Y., & Song, W. 2018. Effects of Resistance Exercise Training on Cognitive Function and Physical Performance in Cognitive Frailty: A Randomized Controlled Trial. *Journal of Nutrition, Health and Aging*, 22(8), 944–951. <https://doi.org/10.1007/s12603-018-1090-9>
- Yoon, Dong Hyun, Kang, D., Kim, H. J., Kim, J. S., Song, H. S., & Song, W. (2017). Effect of elastic band-based high-speed power training on cognitive function, physical performance and muscle strength in older women with mild cognitive impairment. *Geriatrics and Gerontology International*, 17(5), 765–772. <https://doi.org/10.1111/ggi.12784>