

DAFTAR PUSTAKA

- Andini, F 2015, 'Risk factors of low back pain in workers', *Faculty of Medicine, Universitas Lampung*, vol.4, no.1, hlm.12–19.
- Aulia, R, & Sugijanto 2014, 'Perbedaan Efek Antara Core Stability Exercise dengan Wiliam's Flexion Exercise Terhadap Disabilitas dan Kekuatan Otot pada Low Back Pain Miogenik', *Fisioterapi Universitas Esa Unggul*. vol.20, hlm.1-7.
- Dellito, Anthony; George, S. Z 2012, 'Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability, and Health from the Orthopaedic Section of the American Physical Therapy Association', *Journal of Orthopaedic & Sports Physical Therapy*, vol.42, no.6, hlm.A1–A54.
- Dr. A.N, de Wolf, J.M.A, Mens 1990, 'Pemeriksaan Alat Penggerak Tubuh', Jakarta, hlm.1-198.
- Eun, K. D 2017, 'The aim of this study was to determine the effect of ADIM on the activity of the upper trapezius (UT), lower trapezius (LT), and SA during PUP exercises in subjects with scapular winging', vol.24, no.1, hlm.61–70.
- Graham, John. F, Cscs, D 2009. 'Exercise : Bird Dog', vol.31, no.6, hlm. 93–94.
- Hayashi, Y 2004, 'Classification, Diagnosis, and Treatment of Low Back Pain', *Japan Medical Association Journal*, vol.47, no.5, hlm.227-233.
- Hildenbrand, K, & Noble, L 2015, 'Abdominal Muscle Activity While Performing Trunk-Flexion Exercises Using the Ab Roller, ABslide, FitBall, and Conventionally Performed Trunk Curls', *Journal Of Athletic Training, Kansas State University, Manhattan, KS*, vol.39, no.31, hlm.37-43.
- Jagdish, R. K., & Bhatnagar, M. K 2016, 'Systemic approach to Low Back Pain and Spondyloarthritis (SpA)', vol.2, no.11, hlm.73–87.
- Johanning, E 2010, 'Evaluation and Management of Occupational Low Back Disorders', *American Journal Of Industrial Medicine*, 111, 94–111.
- Kang, H., Jung, J., & Yu, J 2012, 'Comparison of trunk muscle activity during bridging exercises using a sling in patients with low back pain', *Journal Of Sports Science and Medicine*, vol.56, no.11, hlm.510–515.
- Kaping, K., Äng, B. O., & Rasmussen-barr, E 2015, 'The abdominal drawing-in manoeuvre for detecting activity in the deep abdominal muscles: is this clinical tool reliable and valid', hlm.1–8.

- Kaur, K 2015, 'Prevalensi Keluhan Low Back Pain (Lbp) Pada Petani Di Wilayah Kerja Upt Kesmas Payangan Gianyar April 2015', vol.5, no.1, hlm. 49–59.
- Kibler, W. Ben, Press, J., & Sciascia, A 2006, 'The Role of Core Stability in Athletic Function', vol.36, no.3, hlm.189–198.
- Kim, K., Byun, M., Lee, W., Cynn, H 2012. 'Effects of breathing maneuver and sitting posture on muscle activity in inspiratory accessory muscles in patients with chronic obstructive pulmonary disease', vol.7, no.1, hlm.1-6.
- Kodir, Emilia; Angliadi, L. S; Julius, L 2018, 'Pengaruh Latihan Core Strengthening Menggunakan Swiss Ball Menurunkan Intensitas Nyeri dan Meningkatkan Kemampuan Fungsional Nyeri Punggung Bawah Nonspesifik Kronik'. *Jurnal Kedokteran Klinik (JKK)*, vol.2, no.1, hlm. 19–27.
- Koesyanto H, 2013, 'Masa Kerja dan Sikap duduk terhadap Nyeri Punggung bawah', *Jurnal Kesehatan Masyarakat*, vol.8, no.2, hlm.113–120.
- Lehman, G. J., Hoda, W., & Oliver, S 2005, 'Chiropractic & Osteopathy', *Canadian Memorial Chiropractic College, Toronto Canada*, vol.8, hlm.1–8.
- Lemos, T. V 2014, 'The Effect of Kinesio Taping in Forward Bending of the Lumbar Spine', *J. Phys. Ther. Sci.*, vol.26, no.09, hlm.1372–1375.
- Muhith, A., & Yasma, A. N 2014, 'Pengaruh Terapi William Flexion Exercise Terhadap Nyeri Punggung Bawah Pada Lansia di Panti Werdhha Mojopahit Mojokerto' *Medica Majapahit*, vol.6, no.1, hlm.29–38.
- Natosba, J 2016, 'Pengaruh Posisi Ergonomis Terhadap Kejadian Low Back Pain Pada Penenun Songket di Kampung BNI 46' *Jurnal Keperawatan Sriwijaya, ISSN No 2355 5459*, vol.3, no.2355, hlm.8–16.
- Ningsih, K., Fernando, R., Payung, S 2016, 'Kejadian Low Back Pain pada Mekanik Bagian UPT Mekanisasi di Dinas Tanaman Pangan dan Hortikultura Provinsi Riau' *Jurnal Kesehatan Komunitas*, vol.3, no.02, hlm.73–78.
- Nugroho, Dwi Susilo Ady., Maheswara, A 2013, 'Penatalaksanaan Fisioterapi Pada Kasus HNP Dengan Modalitas Shortware Diatermy,Traksi Lumbal Dan MC. Kenzie Exercise di RSUD. Prof. Dr. Margono Soekarjo Purwokerto', *Prodi Fisioterapi FIK- UNIKAL*, hlm.29–39.
- Nugroho, I. A., Caesarina, A., Marchianti, N., & Hermansyah, Y 2017 'Pengaruh Beban Kerja Fisik Terhadap Tingkat Disabilitas Pasien Nyeri Punggung Bawah di RSD dr. Soebandi Jember', vol.5, no.2, hlm.316–322.

- Nurhayati, S., Lesmana, I 2007, 'Manfaat Back School Aktif terhadap Pengurangan Nyeri Pinggang Mekanis (Studi Komparatif Antara Pemberian Back School Aktif, SWD dan US dengan Pemberian Back School Pasif, SWD dan US)', *Jurnal Fisioterapi Indonesia*, vol.7, no.1, hlm.60-82.
- Nurma Sari, W 2013, 'Hubungan Antara Sikap Kerja Duduk dengan Keluhan Subyektif Nyeri Punggung Bawah pada Pekerja Pembuat Terasi di Tambak Rejo Tanjung Mas Semarang', *Jurusan Ilmu Kesehatan Masyarakat*, vol.2, no.2, hlm.1-9.
- Perdana, A 2014, 'Stability Terhadap Peningkatan Keseimbangan Pada Mahasiswa Esa Unggul', *Jurnal Fisioterapi Esa Unggul*, vol.14, hlm.57-68.
- Pramita, I., & Wahyudi, A. T 2018, 'Short Wave Diathermy dan Core Stability Exercise Terhadap Peningkatan Kemampuan Fungsional pada Pasien Nyeri Punggung Bawah Miogenik', vol.2, no.2, hlm.64-67.
- Rhule, Vanessa 2016, 'Visual Analogue Scale', *Physio Pedia*, March, hlm.02-03
- Roselina, E., Arifin, S., & Gidion, H 2013, 'Hernia Nukleus Pulposus melalui Core Stability', *Jurnal Vokasi Indonesia*, vol.2, no.16, hlm.14-21.
- Salvetti, M. de G., Pimenta, C. A. de M., Braga, P. E., & Corrêa, C. F 2012, 'Disability related to chronic low back pain: Prevalence and associated factors', *Revista Da Escola de Enfermagem*, vol.46, (SPL. ISS.), hlm.16-23.
- Samara, D 2004, 'Lama dan Sikap Duduk Sebagai Faktor Risiko Terjadinya Nyeri Pinggang Bawah', *Jurnal Kedokteran Trisakti*, vol.23, no.2, hlm.63-67.
- Sarkar, N., Sarkar, B., Kumar, P., Laha, K., Patel, L., & Bengal, W 2018, 'Efficacy of Kinesio-Taping on Pain, Range of Motion and Functional Disability in Chronic Mechanical Low Back Pain: A Randomized Clinical', *International Journal of Health Sciences and Research*, vol.8, July, hlm.105-112.
- Sekendiz, B., Cug, M., & Korkusuz, F 2010, 'Effects of Swiss-Ball Core Strength Training on Strength, Endurance, Flexibility, and Balance in Sedentary Women', *Journal Of Strength and Conditioning Research*, vol.24, no.11, November, hlm.3032-3040.
- Shaleh, I 2018, 'Implementasi Pemenuhan Hak Bagi Penyandang Disabilitas Ketenagakerjaan di Semarang', *Kanun Jurnal Ilmu Hukum*, vol.20, no.1, hlm.64-82.

- Susilowati, S. T 2016, 'Pengaruh Pemberian Korset Lumbal dan Back exercise pada Pasien Low Back Pain Non Specific di Klinik Fisioterapi Fitasoma Surakarta Tahun 2014', *Jurnal Terpadu Ilmu Kesehatan*, vol.5, no.1, hlm. 7–13.
- Tanderi, Esya Adetia; K, Tanti Ajoe; Meita, H 2017, 'Hubungan kemampuan Fungsional dan Derajat Nyeri pada Pasien Low Back Pain Mekanik di Instalasi Rehabilitasi Medik RSUP DR.Kariadi Semarang', *Rehabilitasi Medik Rsup Dr . Kariadi Semarang*, vol.6, no.1, hlm.63–72.
- Tarsidi, D 2009, 'Penyandang Ketunaan : Istilah Alternatif Terbaik untuk Menggantikan Istilah “penyandang cacat”', *Universitas Pendidikan Indonesia*, vol.8, no.2, hlm.128-132
- Winata, S. D 2014, 'Diagnosis dan Penatalaksanaan Nyeri Punggung Bawah dari Sudut Pandang Okupasi', *J. Kedokt Meditek*, vol.20, no.54, hlm.20–27.

