DAFTAR PUSTAKA

Alicia, M. M., Daniel, K. S., Kate E. W., Laura, Y., Marc, T. G., Robert, S. H., Christopher, C. K., Timothy, E. K., Robert, A. M., Shital, N. P., Denver, T. S., Eric, J. W., Gregory, D. M., 2019. Anterior Cruciate Ligament Injury Risk in Sport: A Systematic Review and Meta-Analysis of Injury Incidence by Sex and Sport Classification. *J Athl Train*, 54 (5), pp. 472–482.

Allen, M. M., Pareek, A., Krych, A. J. et al., 2016. Are Female Soccer Players at an Increased Risk of Second Anterior Cruciate Ligament Injury Compared With Their Athletic Peers?. *Am J Sports Med*, 44(10), pp. 2492-2498.

Amjad & Silvia, 2016. *Teori dan Praktek Pencak Silat.* Malang: IKIP BUDI UTOMO MALANG.

Anonim, 2012. Screw-home mechanism. *OrthopaedicsOne - The Orthopaedic Knowledge Network,* 22 March.

Bahr, R. et al., 2012. Types and Causes of Injuries. *The IOC Manual of Sports Injuries.*.

Beynnon, B. D. *et al.*, 2014. 'The Effects of Level of Competition, Sport, and Sex on the Incidence of First-Time Noncontact Anterior Cruciate Ligament Injury'. *Am J Sports Med*, 42(8), pp. 1806–1812.

Boden, B. P., Sheehan, F. T., Torg, J. S. & & Hewett, T. E., 2010. Noncontact anterior cruciate ligament injuries: mechanisms and risk factors. *The Journal of the American Academy of Orthopaedic Surgeons,* 18(9), pp. 520-527.

Bojicic, K. M. et al., 2017. Association Between Lateral Posterior Tibial Slope, Body Mass Index, and ACL Injury Risk. *The Orthopaedic Journal of Sports Medicine,* 5(2).

Cowan, D. N., Jones, B. H. & Robinson, J. R., 1993. Foot morphologic characteristics and risk of exercise-related injury. *Arch Fam Med,* 2(7), pp. 773-777.

Fabricant, P. et al., 2013. Reconstruction of the anterior cruciate ligament in the skeletally immature athlete: a review of current concepts: AAOS exhibit selection. *J Bone Joint Surg Am,* 95(5), pp. e28:1-13.

Frank, H. & Netter, M. D., 2014. *Atlas of Human Anatomy.* 6th ed. s.l.:Saunders.

Gammons, M., 2014. Anterior Cruciate Ligament Injury. *Medscape.*

Gornitzky, A. et al., 2015. Sport-specific yearly risk and incidence of anterior cruciate ligament tears in high school athletes: a systematic review and meta-analysis. *The American Journal of Sport Medicine*, 44(10), pp. 2716-2723.

Graha, A. S., 2012. Manfaat Terapi Masase Frirage dan Stretching dalam Penanganan Cedera pada Atlet Olahraga Beladiri. *Medikora,* 8(2).

Graha, A. S. & Priyonadi, B., 2012. *Terapi Masase Frirage Penatalaksanaan Cedera pada Anggota Tubuh Bagian Bawah.* Yogyakarta: Klinik Terapi Fisik UNY.

Hägglund, M. & Waldén, M., 2016. Risk factors for acute knee injury in female youth football. *Knee Surg Sports Traumatol Arthrosc,* 24(3), p. 737–746..

Harris, E. J. et al., 2004. Diagnosis and treatment of pediatric flatfoot. *The Journal of Foot & Ankle Surgery,* 43(6), pp. 341-373.

Helmi, Z. N., 2012. *Buku Ajar Gangguan Muskuloskeletal.* Jakarta: Salemba Medika.

Johnson, D., 2004. *ACL Made Simple.* New York: Springer-Verlag New York Inc.

Johnson, D. & Pedowitz, R., 2007. *Practical orthopaedic: sports medicine & arthroscopy.* Philadelphia: Lippincott Williams &Wilkins.

Kanosu, K., Ogawa, T., Fukano, M. & Fukubayashi, T., 2015. *Sports Injuries and Prevention.* s.l.:Springer.

Kapandji, I., 1987. *The Physiology of the Joint.* 5th ed. London: Churchill Livingstone.

Kemenkes, 2019. *Tabel Batas Ambang indeks Massa tubuh (IMT).* [Online] Available at: http://www.p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/tabel-batas-ambang-indeks-massa-tubuh-imt [Accessed 10 05 2020].

Kızılgöz, V. et al., 2019. The Combined Effect of Body Mass Index and Tibial Slope Angles on Anterior Cruciate Ligament Injury Risk in Male Knees: A Case-Control Study. *Clinical Medicine Insight:. Arthritis and Musculoskeletal Disorders,* Volume 12.

Knight, K. L., 1995. *Cryotherapy in sport injury management.* s.l.:Champaign, IL: Human Kinetics.

Komari, A., 2000. *Hand Out Biomekanika Olahraga.* Yogyakarta: FIK UNY.

Kriswanto, E. S., 2015. *Pencak Silat.* Yogyakarta: Pustaka Baru Press.

Lopes, O. V. J., Gomes, J. L. E. and Spinelli, L. de F., 2016. 'Range of Motion and Radiographic Analysis of the Hip in Patients With Contact and Non-Contact Anterior Cruciate Ligament Injury'. *Knee Surg Sports Traumatol Arthrosc*, 24(9), pp. 2868–2873.

Lundblad, M., Waldén, M., Hägglund, M., Ekstrand, J., Thomeé, C., Karlsson, J., 2016. No Association Between Return to Play After Injury and Increased Rate of Anterior Cruciate Ligament Injury in Men's Professional Soccer. *Orthop J Sports Med*, 4 (10).

Ma, B., 2018. Anterior cruciate ligament (ACL) injury. *UF Health.*

Meybodi, M. K. E. et al., 2013. Knee Flexion Strength Before and After ACL Reconstruction Using Hamstring Tendon Autografts. *Trauma Mon,* 18(3), pp. 130-131.

Myer, G. D. et al, 2009. The Relationship of Hamstrings and Quadriceps Strength to Anterior Cruciate Ligament Injury in Female Athletes. *Clin J Sport Med,* 19(1), pp. 3-8.

Noyes, F. R. and Westin, S. D. B., 2012. 'Anterior Cruciate Ligament Injury Prevention Training in Female Athletes: A Systematic Review of Injury Reduction and Results of Athletic Performance Tests'. *Sports Health*, 4(1), pp. 36–46.

Olsen, O. *et al.*, 2004. 'Injury mechanisms for anterior cruciate ligament injuries in team handball: a systematic video analysis'. *Am J Sports Med*, 32(4), pp. 1002–1012.

Poosamsai, P. et al, 2009. The Epidemiology of Sport Injury during the 37 th Thailand Nation Games 2008 in Phitsamulok. *J Med Assoc Thai*, Volume 6, pp. 204-210.

Ramesh, R. *et al.*, 2005. 'The risk of anterior cruciate ligament rupture with generalised joint laxity'. *The Journal of Bone and Joint Surgery. British Volume.*, 87–B(6), pp. 800–803.

Renstrom, P. et al., 2008. Non-contact ACL injuries in female athletes: An International Olympic Committee current concepts statement. *British Journal of Sport Medicine*, 42(6), pp. 394-412.

Roos, H. et al., 1995. Soccer after anterior cruciate ligament injury: an incompatible combination? A national survey of incidence and risk factors and a 7-year follow-up of 310 players. *Acta Orthop Scand. 1995;66:*, 66(2), pp. 107-112.

Smith, H. C. et al., 2012. Risk factors for anterior cruciate ligament injury: a review of the literature - part 1: neuromuscular and anatomic risk. *Sports Health*, 4(1), pp. 69-78.

Snell, R. S., 2006. *Anatomi Klinik untuk Mahasiswa Kedokteran.* 6th ed. Jakarta: ECG.

Spindler, K. P. & Wright, R. W., 2008. Anterior Cruciate Ligament (ACL) Tear. *The New England Journal of Medicine*, 359(20), pp. 2135-2142.

Szczesniak, C. L., 2019. 'The Factors Affecting Anterior Cruciate Ligament Tears in Female Athletes A Synthesis of the ResearchLiterature'. *Kinesiology, Sport Studies, and Physical Education Synthesis Projects*, 63. Available at: https://digitalcommons.brockport.edu/cgi/viewcontent.cgi?article=1066&context=pes_synthesis.

Tainaka, K. *et al.*, 2014. 'Limited hip rotation and non-contact anterior cruciate ligament injury:A case–control study'. *The Knee*, 21(1), pp. 86–90.

Tashman, S. et al., 2004. Kinematics of the ACL-deficient canine knee during gait: serial changes over two years. *Journal of Orthopaedic Research*, Volume 22, pp. 931-941.

Tavip, I., Warijan & Joni, S., 2020. Pengaruh Range of Motion (ROM) Aktif Terhadap Fleksibilitas Sendi Lutut Pada Lanjut Usia. *J-Sikep.*

Thompson, D., 2000. *https://ouhsc.edu.* [Online] Available at: https://ouhsc.edu/bserdac/dthompso/web/namics/kneeak.htm [Accessed 30 Juny 2019].

Uhorchak, J. M. et al, 2003. Risk Factors Associated with NoncontactInjury of the Anterior Cruciate Ligament. *American Orthopaedic Society for Sports Medicine*, 31(6), pp. 831-842.

Vaishya, R. & Hasija, R., 2013. Joint hypermobility and anterior cruciate ligament injury. *Journal of Orthopaedic Surgery*, 21(2), pp. 182-184.

Vauhnik, R. *et al.*, 2008. 'Knee anterior laxity: a risk factor for traumatic knee injuryamong sportswomen?'. *Knee Surg Sports Traumatol Arthrosc*, 16(9), pp. 822–823.

Volpi, P. et al., 2016. Risk factors of anterior cruciate ligament injury in football players: a systematic review of the literature. *Muscles Ligaments Tendons J*, 6(4), pp. 480-485.

Webster, K., Feller, J., Leigh, W. & Richmond, A., 2014. Younger Patients Are at Increased Risk for Graft Rupture and Contralateral Injury After Anterior Cruciate Ligament Reconstruction. *The American Journal of Sports Medicine*, 42(3).

Wiggins, A. J., Grandhi, R. K., Schneider, D. K., Stanfield, D., Webster, K. E., Myer, G. D., 2016. Risk of Secondary Injury in Younger Athletes After Anterior Cruciate Ligament Reconstruction: A Systematic Review and Meta-analysis. *Am J Sports Med*, 44(7), pp. 1861-1876.

Yudi, E. W. P., 2014. *Identifikasi Cedera pada Olahraga Pencak Silat Kategori Tanding pada Atlet Seleksi POPDA Kabupaten Nganjuk*, Yogyakarta: FIK UNY.