

## DAFTAR PUSTAKA

- Aggarwal, N., Anand, T., Kishore, J., & Ingle, G. K. (2013). Low back pain and associated risk factors among undergraduate students of a medical college in Delhi. *Education for Health*, 26(2), 103.
- Ardinda, F. (2017). *Hubungan Sikap Duduk dan Lama Duduk dengan Kejadian Keluhan Low Back Pain Mahasiswa Fakultas Kedokteran Universitas Andalas* (Doctoral dissertation, Universitas Andalas).
- Batool, F., Muaaz, F., Tariq, K., & Sarfraz, N. (2019). Relationship of Chronic LBP (Low Back Pain) with *Hamstring* Tightness in Professionals. *Journal of Liaquat University of Medical & Health Sciences*, 18(03), 236-240.
- Biering-Sørensen, F. I. N. (1984). Physical measurements as risk indicators for low-back trouble over a one-year period. *Spine*, 9(2), 106-119.
- Bogduk, N. (1980). A reappraisal of the anatomy of the human lumbar erector spinae. *Journal of Anatomy*. 131(Pt 3): p. 525-40.
- Bogduk, N. (2005). *Clinical Anatomy of the Lumbar Spine and Sacrum*. Elsevier Churchill Livingstone.
- Bowditch, Adrew. (2007). *Anatomy and physiology for pc. Visible Body : Argosy Publishing*.
- Carregaro, R. L., & Coury, H. J. C. G. (2009). Does reduced *hamstring* flexibility affect trunk and pelvic movement strategies during manual handling?. *International Journal of Industrial Ergonomics*, 39(1), 115-120.
- Davarian, S., Maroufi, N., Ebrahimi, I., Farahmand, F., & Parnianpour, M. (2012). Trunk muscles strength and endurance in chronic low back pain patients with and without clinical instability. *Journal of back and musculoskeletal rehabilitation*, 25(2), 123-129.

- Demoulin, C., Vanderthommen, M., Duysens, C., & Crielaard, J. M. (2006). Spinal muscle evaluation using the Sorensen test: a critical appraisal of the literature. *Joint Bone Spine*, 73(1), 43-50.
- Drake, et., al. (2010). *Grays Anatomy for Students Second Edition*. Chruccill Livingtone : Elsevier
- Hamid, et., al.(2013). Interrater and Intrarater Reliability of The Active Knee Extension (AKE) Test Among Healthy Adults. *Journal Physical Therapy Science*25(8) : 957-961
- Hardianto, Y. (2013). Hubungan antara kekuatan otot dengan daya tahan otot tungkai bawah pada atlet kontingen Pekan Olahraga Nasional XVIII Komite Olahraga Nsional Indonesia Sulawesi Selatan Tahun 2013.
- Heather Moore: Tight *hamstring* may be a major contributor of low back pain (last updated November 28, 2012)(Available from: <http://www.examiner.com/article/tight-hamstring-can-be-a-major-contributor-to-low-back-pain.htm>)
- Hussain, A., Awan, W. A., Babur, M. N., & Hassan, H. (2018). RELATIONSHIP BETWEEN *HAMSTRING* FLEXIBILITY DISABILITY RELATED TO LOW BACK PAIN. *International Journal of Rehabilitation Sciences (IJRS)*, 7(01), 20-23.
- Irfan, M. (2008). Beda Pengaruh Auto Stretching dengan Contract Relax dan Stretching terhadap Penambahan Panjang Otot *Hamstring*. *Jurnal Fisioterapi Indonusa*8(1) : 65-87
- Johnson, O. E., Mbada, C. E., Akosile, C. O., & Agbeja, O. A. (2009). Isometric endurance of the back extensors in school-aged adolescents with and without low back pain. *Journal of Back and Musculoskeletal Rehabilitation*, 22(4), 205-211.

- Jørgensen, K., & Nicolaisen, T. (1986). Two methods for determining trunk extensor endurance. *European journal of applied physiology and occupational physiology*, 55(6), 639-644.
- Kisner, C dan Colby L.A. 2007. *Therapeutic Exercise: Foundations and Techniques*. 5thEd. Philadelphia: F. A. Davis Company. PP: 2
- Lampah, C., Gessal, J., & Sengkey, L. (2019). Pengaruh Latihan Yoga terhadap Daya Tahan Otot Ekstensor Punggung Bawah dan Kemampuan Fungsional pada Nyeri Punggung Bawah Mekanik Kronik. *JURNAL BIOMEDIK: JBM*, 11(3).
- Latimer, J., Maher, C. G., Refshauge, K., & Colaco, I. (1999). The reliability and validity of the Biering–Sorensen test in asymptomatic subjects and subjects reporting current or previous nonspecific low back pain. *Spine*, 24(20), 2085.
- Levangie, P. and C. Norkin, *Joint Structure and Function. A Comprehensive Analysis*. 2005, Philadelphia, PA: F.A. Davis Company.
- Lim, et., al. (2014). Effects on *Hamstring* Muscle Extensibility, Muscle Activity, and Balance of Different Stretching Techniques. *Journal Physical Therapy Science*26(2) : 209–213
- Lippert, L. (2011). *Clinical Kinesiology and Anatomy*. 5th ed. Philadelphia. F.A. Davis Company
- Listiarini, A., Widjasena, B., & Wahyuni, I. (2016). Hubungan Kekuatan Otot Punggung Dengan Keluhan Nyeri Punggung Pada Porter Di Stasiun Tawang Semarang. *Jurnal Kesehatan Masyarakat (e-Journal)*, 4(4), 636-644.
- Nirali, et., al. (2016). A Study to Find Out Relation Between *Hamstring* Flexibility and Back Extensors Endurance in Healthy Female Physiotherapy Students: An Observational Study. *Indian Journal of Physical Therapy*4(1) : 30-34

- O’Sullivan, P. B., Mitchell, T., Bulich, P., Waller, R., & Holte, J. (2006). The relationship between posture and back muscle endurance in industrial workers with flexion-related low back pain. *Manual therapy*, 11(4), 264-271.
- Page, P. (2012). Current Concepts in Muscle Stretching for Exercise and Rehabilitation. *The International Journal of Sports Physical Therapy* 7(1) : 109-119
- Peter, O. (2018). Ibikunle., et al. “Isometric Back Extensor Muscles Endurance and Selected Anthropometric Indices Among Nurses”. *EC Orthopaedics*, 9, 632-647.
- Porterfield, J. and C. DeRosa. (1998) *Mechanical Low Back Pain: Perspectives in Functional Anatomy*. 2nd ed : W B. Saunders Company.
- Rafli, M. (2016). Perbedaan Pengaruh Hold-Relax Stretch dan Post-Isometric-Relax Stretch pada *Hamstring* Tightness terhadap Peningkatan Fleksibilitas Otot *Hamstring*. Sarjana Fisioterapi. Fakultas Vokasi Universitas Airlangga, Surabaya
- Reza Nourbakhsh, Amir Massoud. Relationship between mechanical factors and incidence of low back pain, *j ortho sports phys therapy*; 2002; 32(9):447-459.
- Reis, F. J. J., & Macedo, A. R. (2015). Influence of *hamstring* tightness in pelvic, lumbar and trunk range of motion in low back pain and asymptomatic volunteers during forward bending. *Asian spine journal*, 9(4), 535.
- [RISKESDAS] Riset Kesehatan Dasar. 2007. Jakarta: Badan Penelitian dan Pengembangan Kesehatan, Departemen Kesehatan, Republik Indonesia.
- Serola, Rick. 2016. Deep & Superficial Erector Spinae. <https://www.serola.net/research-entry/deep-superficial-erector-spinae.html>. (1 April 2016).

- Samara, D. (2004). Lama dan sikap duduk sebagai faktor risiko terjadinya nyeri pinggang bawah. *Jurnal Kedokteran Trisakti*, 23(2), 64-65.
- Sari, Ni Putu L. N. I. 2015. Hubungan Lama Duduk dengan Kejadian Low Back Pain pada Operator Komputer Perusahaan Travel di Manado. Skripsi. Fakultas Kedokteran Universitas Sam Ratulangi. Manado.
- Setyaningsih, Y., Kurniawan, B., & Martini, M. (2009). Beberapa faktor yang berpengaruh terhadap keluhan nyeri punggung bawah pada penjual jamu gendong. *Jurnal Promosi Kesehatan Indonesia*, 4(1), 61-67.
- Singh, et., al. (2015) Effect of Neural Mobilization and PNF Stretching on *Hamstring* Flexibility in Working Women. *International Journal of Health Sciences & Research*. 5 (8) : 361-368
- Singh, et., al. (2017). Neurodynamic Sliding Versus PNF Stretching on *Hamstring* Flexibility in Collegiate Students: A Comparative Study. *International Journal of Physical Education, Sports and Health* 4(1) : 29-33
- Unadkat, M. (2013). Immediate Effect of Neurodynamic Sliding Technique versus Mulligan Bent Leg Raise Technique on *Hamstring* Flexibility in Asymptomatic Individuals, Masters of Physiotherapy (Musculoskeletal Disorders and Sports Physiotherapy). Dissertation. Bangalore: K.T.G. College of Physiotherapy
- Vleeming, et., al. (1996) The function of the long dorsal sacroiliac ligament: its implication for understanding low back pain. *Spine*. 21(5): p. 556-62.
- Zamna, Idyan, 2007. Hubungan Lama Duduk saat Perkuliahan dengan Keluhan Low Back Pain. *Persatuan Perawat Nasional Indonesia (PPNI)*.