

DAFTAR PUSTAKA

- Anonim – Pusat Data dan informasi (pdpersi.co.id), 2011.
- Anonim – Riset Kesehatan Dasar – Departemen Kesehatan RI, 2007.
- Anonim – Perkumpulan Endokrinologi Indonesia (PERKENI). Konsensus Pengelolaan Dan Pencegahan Diabetes Melitus Tipe 2 Di Indonesia, 2011.
- Anonim – Neurotrophins – Encyclopedia of the Neurological Sciences Elsevier Science (USA), 2003.
- Anonim – Diabetic Neuropathies : The Nerve Damage of Diabetes. U.S. Department of health and Human Services. National Institutes of Health – NIH Publication No. 09–3185 February 2009.
- Anonim – Neurotrophins – The Free Encyclopedia From Wikipedia, 2012.
- Anonim – AMP-activated protein kinase - Free Encyclopedia From Wikipedia, 2012.
- Anonim – Limb Loss Task Force/Amputee Coalition, Roadmap for Preventing Limb Loss in America: Recommendations From the 2012 Limb Loss Task Force. Knoxville, Tennessee, 2012.
- Aaron IV, Gary LP, Patricia B, Anahit M, 2004. Diabetes Mellitus: a Fundamental and Clinical Text 3rd Edition. @ 2004 Lippincott Williams & Wilkins.
- Adam RD, Victor MR, 2005. Principles of Neurology 8nd Ed. McGraw-Hill. New York.
- Akbar DH, 2002. Diabetic Neuropathy : Discordance between Symptoms and Electrophysiological Testing in Saudi Diabetics - Bahrain Medical Bulletin, vol.24, no.1.
- Allen SJ, Dawbarn D, 2006. Clinical relevance of the neurotrophins and their receptor. Clin.Sci.110(2):175-91.
- Anand P, Terenghi G, Warner G, Kopelman P, Williams-Chestnut RE, Sinicropi DV, 1996. The role of endogenous nerve growth factor in human diabetic neuropathy - Nature Medicine 2, 703 – 707.
- Andersen E, Høstmark AT, 2007. Effect of a single bout of resistance exercise on postprandial glucose and insulin response the next day in healthy, strength-trained men. J Strength Cond Res 21 (2): 487-91.
- Andreasen AH, Beck-Nielsen H, Horder M, Olivarius NF, Pedersen PA, 2001. Randomised controlled trial of structured personal care of type 2 diabetes mellitus. British Medical Journal, 323, 978.
- Andrzej Loesch, Tim Cowen, 2008. On the presence of neurotrophin p75 receptor on rat sympathetic cerebrovascular nerves. Molecular Histology. Vol.39 : 57-68.
- Apfel SC, 2002. Neurobiology of Diabetic Neuropathy - Nerve growth factor for the treatment of diabetic neuropathy : What went wrong, right, and what does the future hold?. International Review of Neurobiology, vol. 50 : 393–413.
- Asad A, Muhammad AH, Umar AK, Mujeeb-ur-rahman AB, Nadeem A, Amina N, 2009. Comparison of nerve conduction studies with diabetic neuropathy symptom score and diabetic neuropathy examination score in type-2 diabetics for detection of Sensorimotor Polyneuropathy. JPMA - Vol. 59 : 594-598.
- Ballaz L, Fusco N, CrÃ©tial A, Langella B, Brissot R, 2007. Acute peripheral blood flow response induced by passive leg cycle exercise in people with spinal cord injury. Physical Medicine and Rehabilitation, vol. 88, issue 4 : 471- 476.

- Biankin SA, Jenkins AB, Campbell LV, Choi K L , Forrest QG, Chisholm DJ, 2003. Target-Seeking Behavior of Plasma Glucose With Exercise in Type 1 Diabetes - *Diabetes Care* 26:297–301.
- Blesch A, 2006. Neurotrophic factor in neurodegeneration. *Brain Pathol.* 16:295-303.
- Blesch A, Tuszynski MH, 2009. Neurotrophic Factor Therapy: NGF, BDNF and NT-3 - *Encyclopedia of Neuroscience*, pages 1093–1100.
- Bosbaum AI, Jessel TM, 2000. The Perception of Pain. In ER Kandel, JH Schwartz, TM Jessel (eds). *Principles of Neural Science*. 4th ed. Mc Graw-Hill, New York, 2000; p. 472-491.
- Boucek P, 2006. Advanced Diabetic Neuropathy: A Point of no Return? - *The Review of Diabetic Studies*, vol. 3 :143-150.
- Brett AS, 1998. Topical Platelet-Derived Growth Factor for Diabetic Foot Ulcer - *Journal Watch Dermatology*.
- Burns JM, Michelle LM, Ted MB, 2006. An easy approach to evaluating peripheral neuropathy - *The journal of family practice*, vol 55, no 10, page 853-861.
- Coelho FG, Gobbi S, Andreatto CA, Corazza DI, Pedroso RV, Santos-Galduróz RF, 2012. Physical exercise modulates peripheral levels of brain-derived neurotrophic factor (BDNF): a systematic review of experimental studies in the elderly. *Arch Gerontol Geriatr.*56(1):10-15.
- Colberg SR, Albright AL, Blissmer BJ, Braun B, Taber LC, Fernhall B, Regensteiner JG, Rubin RR, Sigal RJ, 2010. Guideline Summary : Exercise and type 2 diabetes: American College of Sports Medicine and the American Diabetes Association - *Med Sci Sports Exerc – Diabetes Care*, vol. 33 : 2282-2303.
- Conner JM, Tuszynski MH, 2009. Neurotrophins: Physiology and Pharmacology - *Encyclopedia of Neuroscience*. pages 1101–1106.
- Eckersley L, 2002. Role of the Schwann cell in diabetic neuropathy. - *Int Rev Neurobiol.* 50:293-321.
- Eng-Tat Ang, Yee-Kit Tai, Shun-Qiang Lo, Raymond Seet, Tuck-Wah Soong, 2010. Neurodegenerative diseases: exercising toward neurogenesis and regeneration - *Frontiers in Aging Neuroscience*. www.frontiersin.org, volume 2, article 2.
- Eric CM, Ho, Karen SL, Lam, Yuk Shan Chen, Johnny CW, Yip, Meena A, Shin-Ichiro Yamagishi, Soroku Yagihashi, Peter J.O, Craig A, Ellery, Stephen SM, Chung, Sookja K, Chung, 2006. Aldose Reductase–Deficient Mice Are Protected From Delayed Motor Nerve Conduction Velocity, Increased c-Jun NH2-Terminal Kinase Activation, Depletion of Reduced Glutathione, Increased Superoxide Accumulation, DNA Damage - *Diabetes* 55:1946–1953.
- Erickson KI, Miller DL, Roecklein, Kathryn A, 2012. The Aging Hippocampus: Interactions between Exercise, Depression, and BDNF. *The Neuroscientist* 18 : 82 - 97.
- Escorihuela M, Pallàs S, Bayod J, del Valle AM, Canudas JF, Lalanza S, Sanchez-Roige, Camins RM, 2011. Molecular changes in rat brain Long-term treadmill exercise induces neuroprotective *J Appl Physiol* 111:1380-1390.
- Estacio RO, Regenteiner JG, Wolfel EE, Jeffers B, Dickenson M, Schrier EW, 1998. The Association Between Diabetic Complications and Exercise Capacity in NIDDM Patients – *Diabetic Care*, volume 21, number 2.

- Facecchia K, Lee-Anne Fochesato, Sidhartha DR, Sidney JS, Siyaram P, 2011. Review Article: Oxidative Toxicity in Neurodegenerative Diseases: Role of Mitochondrial Dysfunction and Therapeutic Strategies- Hindawi Publishing Corporation - Journal of Toxicology, vol. 2011, article ID 683728, 12 pages.
- Fansa H, Keilhoff G, 2003. Factors influencing nerve regeneration - Handchir Mikrochir Plast Chir, 35(2):72-82.
- Fernando DJ, Masson EA, Veves A, Boulton AJ, 1991. Relationship of limited joint mobility to abnormal foot pressures and diabetic foot ulceration. Diabetes Care 14(1):8-11.
- Flahr D, 2010. The effect of nonweight-bearing exercise and protocol adherence on diabetic foot ulcer healing. Ostomy Wound Manage, 56(10):40-50.
- Farmer J, Zhao H, van Praag, Wodtke K, Gage FH, Christie BR, 2004. Effects of voluntary exercise on synaptic plasticity and gene expression in the dentate gyrus of adult male sprague-dawley rat *in vivo* - Neuroscience, vol.124:71-79.
- Gandhi R, Ryals JM, Wright DE, 2004. Neurotrophin-3 Reverses Chronic Mechanical Hyperalgesia Induced by Intramuscular Acid Injection. Neuroscience: 9405-9413.
- Goldsmith JR, Lidtke RH, Shott S, 2002. The effects of range-of-motion therapy on the plantar pressures of patients with DM. J Am Podiatr Med Assoc; 92(9):483-490.
- Gordon T, 2009 - The role of neurotrophic factors in nerve regeneration. Focus; 26(2):E3. doi: 10.3171/FOC.26.2.E3.
- Guerrero RM, Trujillo HB, Isais Millani S, Prieto DC, Vasques S, Caballero JR, Aballero H, Garcia MJ, 2012. Electrophysiological Testing H-reflex and Clinical Examination in the Diagnosis of Diabetic Polyneuropathy The Journal of International Medical Research, 40: 694-700.
- Gumy LF, Bampton ET, Tolkovsky AM, 2007. Hyperglycaemia inhibits Schwann cell proliferation and migration and restricts regeneration of axons and Schwann cells from adult murine DRG. Mol Cell Neurosci;37(2):298-311.
- Harjanti P, Santoso B, Nugraheni N, Pranoto A, 2013. Effect of low impact aerobic exercise on functional balance and quality of life in type 2 diabetes mellitus patients. IndoJPMR, vol 2 : 96-104.
- Hellweg RH, Hartung D, 1990. Endogenous levels of nerve growth factor (NGF) are altered in experimental diabetes mellitus: A possible role for NGF in the pathogenesis of diabetic neuropathy. Neuroscience Research, vol.26:258-267.
- Hempstead BL, 2006. Dissecting the diverse actions of pro- and mature neurotrophins. Curr Alzheimer Res 3 (1): 19-24.
- Holten MK, Morten Z, Michael G, Carsten J, Jørgen FP, Wojtaszewski, Flemming D, 2004. Strength Training Increases Insulin-Mediated Glucose Uptake, GLUT4 Content, and Insulin Signaling in Skeletal Muscle in Patients With Type 2 Diabetes. Diabetes 53:294-305.
- Hong-Tian Zhang, Zhi-Yu Gao, Yi-Zhao Chen, Ting-Hua Wang, 2008. Temporal changes in the level of neurotrophins in the spinal cord and associated precentral gyrus following spinal hemisection in adult Rhesus monkeys. Journal of Chemical Neuroanatomy, vol. 36:138-143 issues 3-4.

- Huebschmann AG, Kohrt WM, Regensteiner JG, 2011. Exercise attenuates the premature cardiovascular aging effects of DM type 2. *Vasc. Med.*16:378-390.
- Ito S, Tomohisa M, Hideko K, Toshiko S, 2011. Estimation of the Postmortem Duration of Mouse Tissue by Electron Spin Resonance Spectroscopy - Hindawi Publishing Corporation - Journal of Toxicology, article ID 973172.
- Jain KK, 2011. Neurotrophic factors - Historical note and nomenclature - Copyright © MedMerits Corporation.
- Joesoef AA, 2005. Patofisiologi Nyeri Tinjauan dari Psikoneuroimunologi - Dipresentasikan pada Kongres Nasional (KONAS) I Perhimpunan Psikoneuroimunologi Indonesia. Surabaya.
- Joshi D, Shiwalkar A, Cross MR, Sharma SK, Vachhani A, Dutt C, 2010. Continuous, non-invasive measurement of the haemodynamic response to submaximal exercise in patients with diabetes mellitus: evidence of impaired cardiac reserve and peripheral vascular response, *96* : 36–41.
- Jungberg CL, Novikov L, Kellerth JO, Ebendal T, Wiberg M, 1999. The neurotrophins NGF and NT-3 reduce sensory neuronal loss in adult rat after peripheral nerve lesion - *Neuroscience Letters*, volume 262 : 29–32.
- Kakinoki B, Sekimoto S, Yuki S, Ohgami T, Sejima M, Yamagami K, Saito S, 2006. Orally Active Neurotrophin-Enhancing Agent Protects Against Dysfunctions of the Peripheral Nerves in Hyperglycemic Animals - *Diabetes* 55:616–621.
- Kato AC, Lindsay RM, 1994. Overlapping and Additive Effects of Neurotrophins and CNTF on Cultured Human Spinal Cord Neurons. *Experimental Neurology*, vol. 130, issue 2, pages 196–201.
- Kennedy AJ, Wellmer A, Facer P, Saldanha G, Kopelman P, Lindsay RM, Anand P, 1998. Neurotrophin-3 is increased in skin in human diabetic neuropathy - *J Neurol Neurosurg Psychiatry*, 65:393–395.
- Kerr P, 2012. – Types of exercise - Bupa Health Information Team. www.weightconcern.org.uk. British Heart Foundation National Centre for Physical Activity and Health 01509 226 241 www.bhfactive.org.uk
- Kingwell BA, Forosa M, Muhlmann M, Bradley SJ, Mcconel GK, 2003. Type 2 Diabetic Individuals Have Impaired Leg Blood Flow Responses to Exercise - Role of endothelium-dependent vasodilation - *Diabetes Care* 26:899–904.
- Kimura J, 2001. *Electrodiagnosis in diseases of nerve and muscle. Principle and practice.* Text book. 3rd edition. Oxford University press.
- Kovač B, Branislav K, Slavica ME, Sanja S, Vida D, 2011. Clinical and electrophysiological Signs of diabetic Polyneuropathy the EFFECT of Glycemia and Duration of Diabetes Mellitus - *Acta Clin Croat*, 50:149-157.
- Krabbe KS, Nielsen AR, Krogh-Madsen R, Plomgaard P, Rasmussen P, Erikstrup C, Fischer CP, Lindegaard B, Petersen AMW, Taudorf S, Secher NH, Pilegaard H, Bruunsgaard H, Pedersen BK, 2007. Brain-derived neurotrophic factor (BDNF) and type 2 diabetes. *Diabetologia* 50:431–438
- Kuan MM, Ehrlich V, Delatour T, Cavin C, Schilter B, 2011. Review Article : Evidence for a Role of Oxidative Stress in the Carcinogenicity of Ochratoxin. Hindawi Publishing Corporation - Journal of Toxicology, Article ID 645361.
- Kuntoro H, 2010. Metode Sampling dan Penentuan Besar Sampel – Pustaka Melati.

- Leininger GM, Vincent AM, Feldman EL, 2004. The role of growth factors in diabetic neuropathy - *Journal of the Peripheral Nervous System* 9:26–53.
- Lin HC, 2012. Diabetic Neuropathy. <http://emedicine.medscape.com/article/1170337-clinical>.
- Malik R, 2003. Failure to define the pathogenesis and treatment of human diabetic neuropathy. *Br J Diabetes Vasc Dis*, 3:107–111.
- Martin Oudega, Theo Hagg, 1999. Neurotrophins promote regeneration of sensory axons in the adult rat spinal cord. *Brain Research*, volume 818 : 431–438.
- Middlemas A, Delcroix JD, Sayers NM, Tomlinson DR, Fernyhough P, 2003. Enhanced activation of axonally transported stressactivated protein kinases in peripheral nerve in diabetic neuropathy is prevented by neurotrophin-3. *Brain*, 126:1671-82.
- Mohler ER, Lech G, Supple GE, Wang H, Chance B, 2006. Impaired Exercise-Induced Blood Volume in Type 2 Diabetes With or Without Peripheral Arterial Disease Measured by Continuous-Wave Near-Infrared Spectroscopy. *Diabetes Care* 29:1856–1859.
- Molten R, Zheng JQ, Ying Z, Gomez-Pinilla F, Twiss JL, 2004. Voluntary exercise increases axonal regeneration from sensory neuron-*Proc Natl Acad Sci U S A*.
- Murray BE, 2003. Nerve Regeneration - *Encyclopedia of the Neurological Sciences*, pages 422–424.
- Nguyen CB, Harris L, E' VA SZO" NYI, Baughman SA, Hale VG, Noe" LO, Sadick MD, Escando" N E, 2000. Tissue Disposition and Pharmacokinetics of Recombinant Human NGF After Acute and Chronic Subcutaneous Administration in Monkeys. *The American Society for Pharmacology and Experimental Therapeutics. Drug Metabolism Disposition. Vol.28:598-607*.
- Numakawa T, Tomoya M, Yumiko N, Misty R, Shigeto Y, Hiroshi K, 2011. Protective Action of Neurotrophic Factors and Estrogen against Oxidative Stress-Mediated Neurodegeneration - Hindawi Publishing Corporation. *Journal of Toxicology. Article ID 405194, 12 pages doi:10.1155/2011/405194*.
- O'G Vidaurre, Gasco S, Deogracias R, Sobrado M, Cuadrado E, Montaner J, Rodri A, Di'az-Guerra, 2012. Imbalance of neurotrophin receptor isoforms TrkB-FL/TrkB-T1 induces neuronal death in excitotoxicity. *Cell Death and Disease*, doi:10.1038/cddis.2011.143; Subject Category: Neuroscience.
- Pedersen BK, Pedersen M, Krabbe KS, Bruunsgaard H, Matthews VB, Febbraio MA, 2009. Role of exercise-induced brain-derived neurotrophic factor production in the regulation of energy homeostasis. *Exp Physiol* 94.12 pp 1153–1160.
- Peirce NS, 1999. Diabetes and exercise. *Br J Sports Med* 33:161–173.
- Petrou M, Busui RP, Foerster BR, Edden RA, Callaghan BC, Harte SE, Harris RE, Clauw DJ, Feldman EL, 2012. Altered Excitation-inhibition Balance in the Brain of Patients with Diabetic Neuropathy. *Acad Radiol* ; 19(5): 607–612.
- Picon AP, Neli RS, Ortega, Ricky W, Cristina S, Isabel CN, Sacco, 2012. Classification of the severity of diabetic neuropathy: a new approach taking uncertainties into account using fuzzy logic. *Clinics* 67(2):151-156.

- Ploughman M, Windle V, MacLellan CL, White M, Doré JJ, Corbett D, 2009. Brain-Derived Neurotrophic Factor Contributes to Recovery of Skilled Reaching After Focal Ischemia in Rats. *Stroke*, 40:1490-1495.
- Pranoto A, 2009. Diabetes and metabolic polyneuropathy : From studies to clinical practice – Buku Naskah Lengkap Pendidikan Kedokteran Berkelanjutan XXIV Ilmu Penyakit Dalam.
- Priyanto, 2012. Pengaruh senam kaki terhadap sensitivitas kaki dan kadar gula darah pada lansia DM - tesis di Fakultas Ilmu Keperawatan Universitas Indonesia.
- Radegran ÅG, 1997. Ultrasound Doppler estimates of femoral artery blood flow during dynamic knee extensor exercise. *J Appl Physiol*, 83:1383-1388.
- Rasmussen P, Patrice Brassard, Helle Adser, Martin VP, Lotte Leick, Emma Hart, Niels HS, Bente K, Pedersen, Henriette P, 2009. Evidence for a release of brain-derived neurotrophic factor from the brain during exercise - Journal compilation C - The Physiological Society DOI: 10.1113/expphysiol.2009.048512 C.
- Reichardt LF, 2006. Neurotrophin-regulated signalling pathways. *Philos. Trans. R. Soc. Lond., B, Biol. Sci.* 361 (1473): 1545–64.
- Reynolds AJ, Bartlett SE, Hendry IA, 2000. Molecular mechanisms regulating the retrograde axonal transport of neurotrophins-Brain Research, vol.33:169-178.
- Ritzline PD, Levin AZ, 2011. Foot and ankle exercises in patients with diabetes - © 2011 Copyright Lower Extremity Review Magazine.
- Robinson R, 2004. Defects in Retrograde Neurotrophic Factor Transport Are Important in Neurodegenerative Disease. *Neurology Today*, volume 4 : 68-74.
- Rodri'guez-Pena A, Botana M, Gonzlez M, Requejo F, 1995. Expression of neurotrophins and their receptors in sciatic nerve of experimentally diabetic rats. *Neurosci Lett* 200:37–40.
- Sayers NM, Beswick LJ, Middlemas A, Calcutt NA, Mizisin AP, Tomlinson DR, Fernyhough P, 2003. Neurotrophin-3 Prevents the Proximal Accumulation of Neurofilament Proteins in Sensory Neurons of Streptozocin-Induced Diabetic Rats. *Diabetes* 52 : 2372–2380.
- Schäbitz WR, Berger C, Kollmar R, Seitz M, Tanay E, Kiessling M, Schwab S, Sommer S, 2004. Effect of BDNF Treatment and Forced Arm Use on Functional Motor Recovery After Cortical Ischemia. *Stroke*. 35:992-997.
- Schmidt KM, Schädle S, Otterbein S, Thiel C, Doehring A, Lötsch J, Kaiser J, 2012. Kinetics of serum brain-derived neurotrophic factor following low-intensity versus high-intensity exercise in men and women. *Neuroreport*. 24 : 889-93.
- Seyoum B, Estacio RO, Nerhanu P, Schrier RW, 2006. Exercise capacity is a predictor of cardiovascular events in patients with type 2 diabetes mellitus. *Diabetes and Vascular Disease Research*, volume 3, issue 3 :197–201.
- Shepherd PR, Kahn BB, 1999. Glucose Transporters and Insulin Action — Implications for Insulin Resistance Diabetes Mellitus. *NEJM*341:248-257.
- Smith GM, Falone AE, Eric F, 2012. Sensory axon regeneration: rebuilding functional connections in the spinal cord. *Trends in Neurosciencex*, vol.35, no.3:156-163.

- Sotelo FJ, 1990. Low serum levels of nerve growth factor in diabetic neuropathy. *Acta Neurologica Scandinavica*, volume 81, Issue 5, pages 402–406.
- Spruce MC, Frank LB, 2012. Diabetic Foot Screening: New Technology versus 10g Monofilament - *International Journal of Lower Extremity Wounds*, 11: 43.
- Stephan FE, Praet Æ, Luc JC, van Loon, 2009. Exercise therapy in Type 2 diabetes. *Acta Diabetol* 46:263–278.
- Sultana S, Begum N, Ali L, Hossan MW, Bhowmik NB, Parveen Z, 2009. Electrophysiological changes of motor nerves in patients with type 2 diabetes mellitus. *JAFMC Bangladesh* Vol. 5 No. 2.
- Tomlinson DR, Fernyhough P, Diemel LT, 1997. Role of neurotrophins in diabetic neuropathy and treatment with nerve growth factors. Department of Pharmacology, Medical Sciences, Queen Mary and Westfield College, London, United Kingdom. *Diabetes*, 46 Suppl 2:S43-9.
- Tomlinson DR, Natalie JG, 2008. Glucose neurotoxicity. Nature Publishing Group, volume 9. www.nature.com/reviews/neuro.
- Vallianou N, Evangelopoulos A, Koutalas P, 2009. Alpha-Lipoic Acid and Diabetic Neuropathy. *The Review of Diabetic Studies* 231 Vol. 6 No. 4.
- Vega SR, Kleinert J, Sulprizio M, Hollmann W, Bloch W, Strüder HK, 2011. Psychoneuroendocrinology. Responses of serum neurotrophic factors to exercise in pregnant and postpartum women. 36(2):220-7. doi: 10.1016/j.psyneuen.2010.07.012.
- Vega SR, Knicker A, Hollmann W, Bloch W, Strüder HK, 2010. Effect of resistance exercise on serum levels of growth factors in humans - *Horm Metab Res*. 42(13):982-6. doi: 10.1055/s-0030-1267950.
- Vergnolle, N. et al : Proteinase-activated receptors : novel signals for peripheral nerves. *Trends Neurosci*. 2003; 26: 496-500.
- Vincent AM, James WR, Phillip L, Eva LF, 2004. Oxidative Stress in the Pathogenesis of Diabetic Neuropathy. *Endocrine Reviews* 25: 612–628. 2004
- Wibowo S, 1998. Kajian kasus neuropati diabetika : pengaruh kafein terhadap kontraksi otot rangka dan hubungan berbagai faktor risiko dengan jenis dan derajat neuropati. Disertasi. Universitas Gajah Mada, Yogyakarta, Indonesia.
- Wellmer A, Misra VP, Sharief MK, Kopelman PG, Anand P, 2001. A double-blind placebo-controlled clinical trial of recombinant human brain-derived neurotrophic factor (rhBDNF) in diabetic polyneuropathy - *Journal of the Peripheral Nervous System*, volume 6, Issue 4, pages 204–210.
- Ying Z, Roy RR, Edgerton VR, Gómez-Pinilla F, 2005. Exercise restores levels of neurotrophins and synaptic plasticity following spinal cord injury. *Exp Neurol* : 193(2):411-9.
- Yongjun Jiang, NingWei, Juehua Zhu, Tingting Lu, Zhaoyao Chen, Gelin Xu, Xinfeng Liu, 2010. Effects of Brain-Derived Neurotrophic Factor on Local Inflammation in Experimental Stroke of Rat - Hindawi Publishing Corporation - *Mediators of Inflammation*. Article ID 372423, 10 pages doi:10.1155/2010/372423.

- Yungang W, Philip KH, Liping S, David C, Chalupa, Mark JU, 2011. Laboratory and Field Testing of an Automated Atmospheric Particle-Bound Reactive Oxygen Species Sampling-Analysis System. Hindawi Publishing Corporation - Journal of Toxicology, Article ID 419476, 9 pages doi:10.1155/2011/419476.
- Zimny S, Schatz H, Pfohl M, 2004. The role of limited joint mobility in diabetic patients with an at-risk foot. *Diabetes Care*; 27(4):942-946.
- Zoladz JA, Pilc A, Majerczak J, Grandys M, Zapart-Bukowska J, Duda K, 2008. Endurance training increases plasma brain-derived neurotrophic factor concentration in young healthy men. *Journal of physiology and pharmacology*, 59, Suppl 7, 119–132 www.jpp.krakow.pl.

