

## DAFTAR PUSTAKA

- Ariens, Laura, 2001; Work-Related Musculoskeletal Disorders: *The Epidemiologic Evidence and The Debate: Journal of Electromyography and Kinesiology*. Vol 14: 13-23.
- Chaitow, Leon, 2003; *Modern Neuromuscular Techniques: Second Edition*, Churchill Livingstone, Elsevier Science Limited. China.
- Chaitow L, Delany J, 2008; *Clinical Application of Neuromuscular Techniques*. Vol. 1 The Upperbody. Amsterdam.
- David, GS, 2001; Clinical and Etiology Update Myofascial Pain From Trigger Point: *J Musculoskel Pain*. Vol 8: 468-475.
- Davies, Amber, 2001; *Your Self-Treatment Guide for Pain Relief*: New Harbinger Publications, Oakland.
- Dommerholt, Jan, 2006; Myofascial Trigger Points: An Evidence Informed Review: *The Journal of Manual and Manipulative Therapy*. Vol 14 (8): 468-476
- Fryer Gary dan Hodgson Laura, 2005. *The Effect of Manual Pressure Release on Myofascial Trigger Points in the Upper Trapezius Muscle*. School of Health Science, City Campus Victoria University, Melbourne: Australia.
- Gerwin, Robert D, 2004; *An Expansion of Simons' Integrated Hypothesis of Trigger Point Formation*: *Curr Pain Headache*. Vol 6 : 1264-1272
- Hardjono, J dan Ervina Azizah, 2004. *Pengaruh Penambahan Contract Relax Stretching Pada Intervensi Interferensial Current dan Ultrasound Terhadap Pengurangan Nyeri Pada Sindroma Miofasial Otot*. Fisioterapi Universitas Esa Unggul: Jakarta.
- Harten, Wilston, 2000; Continuous, Intermittent, and Sporadic Motor Unit Activity in The Trapezius Muscle during Prolonged Activities: *J Electromyography Kinesiol*. Vol 2 (12):88-105
- ILO, 2009; *Facts on Safety and Health at Work*: Journal of Ergonomic. USA.
- Janada, V. (1996). *Evaluation of muscular imbalance: Rehabilitation of the spine*. Baltimore : Williams and Wilkins, USA.
- Kisner, C. and Colby, L.A. 2007. *Therapeutic Exercise 5th Edition: Foundations and Techniques*. Philadelphia. USA

- Liebenson, Charlie, 2006; *Rehabilitation Of The Spine*: Williams and Wilkins, Baltimore, USA.
- Mardiman, Sri, 2001; *Fisiologi Latihan*: Politeknik Kesehatan Surakarta Jurusan Fisioterapi. Surakarta.
- Markkanen, Pia K, 2004; *Keselamatan dan Kesehatan di Indonesia*: ILO. Jakarta.
- Matthew, George, 2009; *Effectiveness of Intergrated Neuromuscular Inhibitory Technique and LASER with Stretching in the Treatment of Upper Trapezius Triggerpoint*. Fathermuller Medical College, Mangalore.
- Nagrle, VA, 2010 ; *The Efficacy of an Integrated Neuromuscular Inhibition Technique on Uppertrapezius Triggerpoint Sinsubjects with Non-Specific Neck Pain: A Randomized Contrelled Trial*. National library of medicine. USA. Vol. 18: 37-42
- Rahardjo, Budi, 2009; *Resiko Ergonomic dan Keluhan Musculoskeletal Disorders pada Pekerja Panen Kelapa Sawit*: TI-UNDIP. Semarang.
- Richard, KI, 2006; *The Physiology Of The Joints*: EM Churchill Livingstone. Edinburgh.
- Simons, DG, 2002; Understanding Effective Treatments Of Myofascial Trigger Points: *J Bodywork Movement*. Vol. 24 (2): 35-49.
- Simons, DG, 2004; *Myofascial Painand Dysfuction* : The Trigger Points Manual, William & Wilkins. USA.
- UNESCO, 2009; *Indonesian Batik*: World Heritage. Paris.
- Vernon, DA, 2009; Diagnoses of Patients with Myofascial Pain Syndrome (Fibrositis): *Arch Phys Med Rehabil*. Vol. 8 (1): 83-93
- .