

DAFTAR PUSTAKA

- Daniel et al, 2015. “ Static Balance Of Elderly Women Submitted to A Physical Activity Program <http://dx.doi.org/10.1590/1809-9823.2015.14181>
- Divya, et al. 2013” Effectiveness of 4 Weeks Exercise Program Using Elastic Tubing as Perturbation Force on Balance in Elderly Subject”. *International journal of physiotherapy and research. Padmadshree Institute of Physio Therapy Banglor. India ISSN 2321-1822 www.ijmhr.org/ijpr.htm.*
- Dunchan, P.W., Weiner, D.K., Chandler J.& Studentski, S. 1990. Functional Reach: A New Clinical Measure Of Balance. *Journal of Gerontology : Medical Sciences*, 45 (6) M 192 – M 197.
- Hardiyanti, N., 2012. Gambaran Keseimbangan Postural Pada Lansia Di Panti Sosial Tresna Werdha Gou Mabaji Gowa. *Skripsi*. Universitas Hasanuddin Makassar.
- Hamilton, N., Weimar W. & Luttgens, K.2008. *Kinesiology Scientific Basic Of Human Motion*. Elevent Edition. Hill International Editoin.
- Hlavacka, Abrahamova, F. 2007. Age Related Change Human Balance During Quiet Stance. Institute of Normal and Pathological Physiology. *Slovak academi of sciences, Bratislava, Slovakia*.
- Indriaf, 2010. *Pembahasan attribution non comercial available from: URL: http://www.script.com/doc_40397340/keseimbangan*.
- Irfan, M. 2010. *Fisioterapi Bagi Insan Stroke Edisi Pertama*. Yogyakarta.
- Irfan, M. dan Jemi Susanti. 2008. Pengaruh Penerapan Motor Relearning Program (MRP) Terhadap Peningkatan Keseimbangan Berdiri Pada Pasien Stroke Hemiplegi. *Jurnal Fisioterapi Indonesia Vol 8 No. 2*.
- Ismaningsih, 2015. Penambahan Propioceptif Exercise pada Intervensi Strengtening Exercise Lebih Meningkatkan Kelincahan pada Pemain Sepak Bola. *Thesis*. Denpasar : Program Pasca Sarjana Universitas Udayana.
- Jalalin, 2000. Hasil Latihan Keseimbangan Berdiri Pada Penghuni Panti Wreda Pucang Gading jl. Plamongan Sari Semarang. *Thesis*. Semarang : Universitas Diponegoro.

Jonsson, E., Marketa, H., dan Hirschfeld, H., 2002. Does The Functional Reach Test Reflect Stability Limits In Elderly People. *Taylor & Francis Health Sciences*.

Kisner, C., and Colby. 2007. *Therapeutic Exercise 5th Edition*. Philadelphia : F.A. Davis Company.

Mackey, D.C., and Robinovitch, S.N. 2006. Mechanisms underlying Age – related differences in ability to recover balance with the ankle strategy (Gait posture, 2006) *Pubmed-NCBL.html*.

Mujahidullah, K. 2010. *Keperawatan Geriatrik*. cetakan pertama. November.

Notoatmodjo S, 2010. *Metologi Penelitian Kesehatan*. Jakarta : Rineka Cipta.

Prasetyo, A. Indardi, N., 2015. Peningkatan Keseimbangan Postural Menggunakan Berg Balance Scale (BBS) Pada Lansia di Sasana Panti Mulyo Sragen. <http://journal.unnes.ac.id/sju/index.php/jssf>.

Raju, S., Yadati. 2012. Maintenance of Balance and Rehabilitation In The Elderly. *Medicine Update vol. 22*.

Rogers, M., Page., dan Takeshima, N. 2013. Balance Trainning for Older Athlete vol. 8 *The International Journal of Sport Physical Therapy Page 518-519*.

Utomo, B., Wahyono, Y., &Takarini, N.2012. Peningkatan Kekuatan, Fleksibilitas Dan Keseimbangan Otot Lanjut Usia Melalui Senam Mandiri *Jurnal Terpadu Ilmu Kesehatan*, Jilid 2, November.