

DAFTAR PUSTAKA

- Abdelaal, A. A., Ali, M. M., & Hegazy, I. M. (2015). Effect of diaphragmatic and costal manipulation on pulmonary function and functional capacity in chronic obstructive pulmonary disease patients: Randomized controlled study. *International Journal of Medical Research & Health Sciences*, 4(4), 841. <https://doi.org/10.5958/2319-5886.2015.00167.8>
- Adedoyin, R. A., & Adeleke, O. E. (2012). Reference Values for Chest Expansion among Adult Residents in Ile-Ife. *Journal of Yoga & Physical Therapy*, 2(3). <https://doi.org/10.4172/2157-7595.1000113>
- Al Omari, M., Khassawneh, B. Y., & Khader, Y. et al. (2014). Prevalence of chronic obstructive pulmonary disease among adult male cigarettes smokers: A community-based study in Jordan. *Int J Chron Obstruct Pulmon Dis*, 9, 753–758. <https://doi.org/10.2147/COPD.S62898>
- Ashwini, D., Bhagyashri, S., & Medha, D. (2017). Comparison of Intercostal Stretch Technique Versus Diaphragmatic Breathing on Dyspnoea , Chest Expansion And Functional Capacity in Stable Copd, 7(5), 256–260.
- Barnes, P. J. (2008). Immunology of asthma and chronic obstructive pulmonary disease. *Nature Reviews Immunology*, 8(3), 183–192. <https://doi.org/10.1038/nri2254>
- Barnes, P. J. (2017). Effectiveness of Conservative Physical Therapy Treatment with and Without Diaphragmatic Strengthening Exercises in Non Specific Low Back Pain. *International Journal of Science and Research*, (January). <https://doi.org/10.21275/ART20164134>
- Bordoni, B. (2017). Proposal for a New Manual Evaluation Scale for the Diaphragm Muscle: Manual Evaluation of the Diaphragm Scale – MED Scale. *International Journal of Complementary & Alternative Medicine*, 7(6). <https://doi.org/10.15406/ijcam.2017.07.00242>
- Bordoni, B., & Zanier, E. (2013). Anatomic connections of the diaphragm: Influence of respiration on the body system. *Journal of Multidisciplinary Healthcare*, 6, 281–291. <https://doi.org/10.2147/JMDH.S45443>
- Bourdin, A., Burgel, P. R., Chanez, P., Garcia, G., Perez, T., & Roche, N. (2009). Recent advances in COPD: Pathophysiology, respiratory physiology and clinical aspects, including comorbidities. *European Respiratory Review*, 18(114), 198–212. <https://doi.org/10.1183/09059180.00005509>
- Brashier, B. B., & Kodgule, R. (2012). Risk factors and pathophysiology of chronic obstructive pulmonary disease (COPD). *The Journal of the Association of Physicians of India*, 60 Suppl(February), 17–21. <https://doi.org/10.1124/pr.54.2.227>
- Burdoni B. (2016). COPD-111634-manual-evaluation-of-the-diaphragm-muscle-,

- 11(1), 1949–1956. [https://doi.org/https://doi.org/10.2147/COPD.S111634](https://doi.org/10.2147/COPD.S111634)
- Devereux, G. (2006). Definition, epidemiology, and risk factors. *Bmj*, 332(7550), 1142. <https://doi.org/10.1136/bmj.332.7550.1142>
- European Respiratory Society. (2013). European Respiratory Society Annual Congress 2013, 36, 1.
- Francisco, González-Álvarez, Valenza, M. C., Torres-Sánchez, I., Cabrera-Martos, I., Rodríguez-Torres, J., & Castellote-Caballero, Y. (2016). Effects of diaphragm stretching on posterior chain muscle kinematics and rib cage and abdominal excursion: A randomized controlled trial. *Brazilian Journal of Physical Therapy*, 20(5), 405–411. <https://doi.org/10.1590/bjpt-rbf.2014.0169>
- GOLD. (2016). Global Initiative for Chronic Obstructive Lung Disease A Guide for Health Care Professionals Global Initiative for Chronic Obstructive Disease. *Global Initiative for Chronic Obstructive Lung Disease*, 22(4), 1–30. <https://doi.org/10.1097/00008483-200207000-00004>
- González-Álvarez, et al. (2015). Effects of a diaphragm stretching technique on pulmonary function in healthy participants: A randomized-controlled trial. *International Journal of Osteopathic Medicine*, 18(1), 5–12. <https://doi.org/10.1016/j.ijosm.2014.08.001>
- Guyton, A., & Hall, J. (2008). *fisiologi kedokteran*. (I. Setiawan, Ed.) (11th ed.). jakarta.
- Janssens, L., Brumagne, S., McConnell, A. K., Hermans, G., Troosters, T., & Gayan-Ramirez, G. (2013). Greater diaphragm fatigability in individuals with recurrent low back pain. *Respiratory Physiology and Neurobiology*, 188(2), 119–123. <https://doi.org/10.1016/j.resp.2013.05.028>
- JRI. (2007). Prevalensi Penyakit Paru Obstruktif Kronik Berdasarkan Faktor Risiko di RSUP H. Adam Malik Medan, 1–12. <https://doi.org/10.1086/513446>. Iijima
- Jung, J.-H., & Moon, D.-C. (2015). The effect of thoracic region self-mobilization on chest expansion and pulmonary function. *Journal of Physical Therapy Science*, 27(9), 2779–81. <https://doi.org/10.1589/jpts.27.2779>
- Kemenkes RI. (2008). Pedoman Pengendalian Penyakit Paru Obstruktif Kronik. *Keputusan Menteri Kesehatan Republik Indonesia*.
- Kepmenkes. (2008). kepmenkes no 778 menkes sk viii 2008 tentang pedoman pelayanan fisioterapis di sarana kesehatan B.pdf.
- Kescia, D., Peixoto, A., Marizeiro, D. F., Carolina, A., Florêncio, L., Teles, M. D., ... Campos, N. G. (2016). Manual therapy in diaphragm muscle : effect on respiratory muscle strength and chest mobility, (November), 1–5.
- Kodarusman, R. (2015). The comparation of lung vital capacity in various sport

athlete. *J Majority*, 4(2), 97.

- Marrara, K. T., Marino, D. M., de Held, P. A., de Oliveira Junior, A. D., Jamami, M., & Di Lorenzo, V. A. P. (2008). Different physical therapy interventions on daily physical activities in chronic obstructive pulmonary disease. *Respiratory Medicine*, 102(4), 505–511. <https://doi.org/10.1016/j.rmed.2007.12.004>
- McCoss, C. A., Johnston, R., Edwards, D. J., & Millward, C. (2017). Preliminary evidence of Regional Interdependent Inhibition, using a “Diaphragm Release” to specifically induce an immediate hypoalgesic effect in the cervical spine. *Journal of Bodywork and Movement Therapies*, 21(2), 362–374. <https://doi.org/10.1016/j.jbmt.2016.08.015>
- Miravittles, M., Soriano, J. B., Garcia-Rio, F., Munoz, L., Duran-Tauleria, E., Sanchez, G., ... Ancochea, J. (2009). Prevalence of COPD in Spain: impact of undiagnosed COPD on quality of life and daily life activities. *Thorax*, 64(10), 863–868. <https://doi.org/10.1136/thx.2009.115725>
- Oemiasi, R. (2013). Kajian Epidemiologis Penyakit Paru Obstruktif Kronik (PPOK). *Media Litbangkes*, 23(2), 82–88. <https://doi.org/10.1136/thx.2009.115725>
- Orozco-Levi, M. (2003). Structure and function of the respiratory muscles in patients with COPD: impairment or adaptation? *European Respiratory Journal*, 22(Supplement 46), 41s–51s. <https://doi.org/10.1183/09031936.03.00004607>
- Pagare, R. S., Pedhambkar, R. B., & Jindal, B. (2017). Assessment of Reference Values of Chest Expansion Among Healthy Adults in Pune, India. *Int J Physiother Res*, 5(1), 1819–23. <https://doi.org/10.16965/ijpr.2016.197>
- Page, P. (2012). Current concepts in muscle stretching for exercise and rehabilitation. *International Journal of Sports Physical Therapy*, 7(1), 109–19. <https://doi.org/PMC3273886>
- Parmar, D. (2015). The Immediate Effect of Chest Mobilization Technique on Dyspnea in Patients of COPD with Restrictive Impairment. *Journal of Exercise Science and Physiotherapy*, 11(2), 134. <https://doi.org/10.18376//2015/v11i2/67713>
- PDPI. (2003). PENYAKIT PARU OBSTRUKTIF KRONIK (PPOK) Pedoman Diagnosis dan Penatalaksanaan di Indonesia, 1973–2003.
- Pirina, P., Spada, C., Zinelli, E., Fois, A. G., Martinetti, M., Pes, R., ... Corona, M. (2017). Prevalence and management of COPD and heart failure comorbidity in the general practitioner setting. *Respiratory Medicine*, 131, 1–5. <https://doi.org/10.1016/j.rmed.2017.07.059>
- Pryor, J., & Weber, B. (2003). Physiotherapy for Respiratory and Cardiac Problems: Adults and Paediatric, 3rd Edition. *Physiotherapy Canada*, 55(2), 127. <https://doi.org/10.2310/6640.2003.37828>

- Puckree, T., Cerny, F., & Bishop, B. (2002). Does intercostal stretch alter breathing pattern and respiratory muscle activity in conscious adults? *Physiotherapy*, 88(2), 89–97. [https://doi.org/10.1016/S0031-9406\(05\)60932-7](https://doi.org/10.1016/S0031-9406(05)60932-7)
- Rocha, T., Souza, H., Brand??o, D. C., Rattes, C., Ribeiro, L., Campos, S. L., ... De Andrade, A. D. (2015). The Manual Diaphragm Release Technique improves diaphragmatic mobility, inspiratory capacity and exercise capacity in people with chronic obstructive pulmonary disease: A randomised trial. *Journal of Physiotherapy*, 61(4), 182–189. <https://doi.org/10.1016/j.jphys.2015.08.009>
- Rogers, D., & Doull, I. J. M. (2005). Physiological principles of airway clearance techniques used in the physiotherapy management of cystic fibrosis. *Current Paediatrics*, 15(3), 233–238. <https://doi.org/10.1016/j.cupe.2005.02.007>
- Saminan. (2012). Pertukaran Udara O₂ dan CO₂ Dalam Pernapasan. *Jurnal Kedokteran Syiah Kuala*, 12(Agustus), 122–126.
- Saminan. (2014). Efek Paparan Partikel Terhadap Kejadian Penyakit Paru Obstruktif Kronik (Ppok). *Idea Nursing Journal*, V(1), 64–69.
- SK Jindal, PS Shankar, Suhail Raoof, D. G. (2014). Pulmonary Critical Care Medicine. Retrieved from https://books.google.co.id/books?id=urpvBAAAQBAJ&pg=PA1107&lpg=P A1107&dq=Similowski+et+al.,+2006;+Marin,+2009+ppok&source=bl&ots =TNAcXOpPZ&sig=ribAQVGE5qhAj4nd_DNf2PmpIyo&hl=id&sa=X&v ed=0ahUKEwieu9W8jLnYAhUGrY8KHQp7CFAQ6AEIMjAB#v=onepage &q=Similowski et
- Soriano, J. B., Ancochea, J., Miravitles, M., García-Río, F., Duran-Tauleria, E., Muñoz, L., ... Sobradillo-Peña, V. (2010). Recent trends in COPD prevalence in Spain: A repeated cross-sectional survey 1997-2007. *European Respiratory Journal*, 36(4), 758–765. <https://doi.org/10.1183/09031936.00138409>
- Taboada, J. (2004). *The Respiratory System*. <https://doi.org/10.1016/B978-0-7216-8799-5.50012-9>
- Yamaguti, W. P., Claudino, R. C., Neto, A. P., Chammas, M. C., Gomes, A. C., Salge, J. M., ... Carvalho, C. R. (2012). Diaphragmatic breathing training program improves abdominal motion during natural breathing in patients with chronic obstructive pulmonary disease: A randomized controlled trial. *Archives of Physical Medicine and Rehabilitation*, 93(4), 571–577. <https://doi.org/10.1016/j.apmr.2011.11.026>