

DAFTAR PUSTAKA

- Arinda, E. N. (2014). Analisis Cedera Olahraga Dan Pertolongan Pertama Pemain Sepak Bola. *Jurnal Kesehatan Olahraga*, 2(3), 179–188.
- Atay, E. (2014). Prevalence of Sport Injuries among Middle School Children and Suggestions for Their Prevention. *Journal Physical Therapy Science*, 26(9), 1–3.
- Burcal, Christopher J., Trier, Alejandra Y., Wikstrom, E. A. (2016). Balance Training vs. Balance Training with STARS in CAI Patients: A Randomized Controlled Trial Authors: *Journal of Sport Rehabilitation*, 26(5), 347–357.
- Bäcker, H., Fg, K., & Mc, A. (2017). Treatment of Chronic Lateral Ankle Instability - A Review.
- Bizzini, M., Junge, A., & Dvorak, J. (2013). Implementation Of The Fifa 11 + Football Warm Up Program : How To Approach And Convince The Football Associations To Invest In Prevention. 803–806. <https://doi.org/10.1136/Bjsports-2012-092124>
- Brachma, A., & Kamienia, A. (2017). Balan Nce Trai Ining Pr Rograms S In Athl Letes – A System Matic Re Eview. 45–64. <https://doi.org/10.1515/Hukin>
- Butler, R. J., Southers, C., Gorman, P. P., Kiesel, K. B., & Plisky, P. J. (2012). Differences in Soccer Players' Dynamic Balance Across Levels of Competition. *Journal of Athletic Training*, 47(6), 616–620. <https://doi.org/10.4085/1062-6050-47.5.14>
- Chtara, M., Rouissi, M., Bragazzi, N., Owen, A. L., Haddad, M., & Chamari, K. (2016). Dynamic Balance Ability In Young Elite Soccer Players : Implication Of Isometric Strength. *The Journal Of Sports Medicine And Physical Fitness*, 1(1), 1–19. <https://doi.org/10.23736/S0022-4707.16.06724-4>
- Cruz-D íz, D., Lomas Vega, R., Osuna-Pérez, M. C., Hita-Contreras, F., & Mart ínez-Amat, A. (2015). Effects of joint mobilization on chronic ankle instability: A randomized controlled trial. *Disability and Rehabilitation*, 37(7), 601–610. <https://doi.org/10.3109/09638288.2014.935877>
- Dannelly, B. D., Otey, S. C., Croy, T., Harrison, B., Rynders, C. A., Hertel, J. N., & Weltman, A. (2011). The Effectiveness Of Traditional And Sling Exercise Strength Training In Women. *The Journal of Strength and Conditioning*

Research, 25(2), 464–471.

Fahmi, R., Amiruddin, & Ifwandi. (2015). Prevalensi Penanganan Cedera Pada Pemain Sepak Bola Persidi. *Jurnal Ilmiah Mahasiswa Pendidikan Jasmani, Kesehatan Dan Rekreasi*, 1(3), 188–198.

Febrianto, F. (2017). Analisis Teknik Dasar Permainan Sepakbola Klub Sinar Harapan Tulangan Sidoarjo Pada Liga 3 Regional Jatim. *Universitas Surabaya*, 1–5.

Gkrilias, P., Zavvos, A., Fousekis, K., Billis, E., Matzaroglou, C., & Tsepis, E. (2018). Dynamic balance asymmetries in pre-season injury-prevention screening in healthy young soccer players using the Modified Star Excursion Balance Test — a pilot study. *The Journal of Physical Therapy Science*, 30(1), 1141–1144.

Gokdemir, K., Cierci, A., Er, F., Suveren, C., & Sever, O. (2012). The comparison of dynamic and static balance performance of sedentary and different branches athletes. *The Comparison of Dynamic and Static Balance Performance of Sedentary and Different Branches Athletes. World Applied Sciences Journal*, 17(9), 1079–1082.

Gribble, P. A., Hertel, J., Facsm, À., & Plisky, P. (2012). Using The Star Excursion Balance Test To Assess Dynamic Postural-Control Deficits And Outcomes In Lower Extremity Injury: A Literature And Systematic Review. 47(3), 339–357. <https://doi.org/10.4085/1062-6050-47.3.08>

Hall, E. A., Chomistek, A. K., Kingma, J. J., & Docherty, C. L. (2018). Balance- and strength-training protocols to improve chronic ankle instability deficits, part II: Assessing patient-reported outcome measures. *Journal of Athletic Training*, 53(6), 578–583. <https://doi.org/10.4085/1062-6050-387-16>

Hiller, C. E., Refshauge, K. M., Bundy, A. C., Herbert, R. D., Kilbreath, S. L., Ce, A. H., ... Ac, B. (2006). The Cumberland Ankle Instability Tool : A Report Of Validity And Reliability Testing. 87(September), 1235–1241. <https://doi.org/10.1016/J.Apmr.2006.05.022>

Instability, A., Linens, S. W., & Cain, M. S. (2016). A Randomized Controlled Trial Comparing Rehabilitation Efficacy In Chronic Ankle Instability. *Journal Of Sport Rehabilitation*, 1–32.

Kisner, C., & Colby, L. A. (2016). *Terapi Latihan Dasar dan Teknik*. (A. Sudarsono, W. Budhyanti, & N. A. I. Ghani, Eds.) (6th ed.). Jakarta: EGC.

Lee, D. A., & Seidenberg, P. H. (2018). Chapter 41 - Ankle Sprains. In *Urgent Care Medicine Secrets*. <https://doi.org/10.1016/B978-0-323-46215->

0.00041-0

- Mohrej, O. A. Al, & Kenani, N. S. Al. (2016). *Chronic Ankle Instability : Current Perspectives*. 103–108.
- Maffulli, N., & Ferran, N. A. (2010). *Management Of Acute And Chronic Ankle Instability. The American Academy Of Orthopaedic Surgeons. He American Academy Of Orthopaedic Surgeons*.
- Melam, G., Alhusaini, A., Perumal, V., Buragadda, S., & Kaur, K. (2016). Comparison of static and dynamic balance between football and basketball players with chronic ankle instability. *Saudi Journal of Sports Medicine*, 16(3), 199. <https://doi.org/10.4103/1319-6308.187557>
- Pertama, P., Bola, S., & Aid, F. (2014). *Pertolongan Pertama Pemain Sepak Bola (Studi Kasus Liga Springhill Putaran Ii Pengcab Pssi Surabaya 2014) Erwan Nur Arinda S-1 Ilmu Keolahragaan , Fakultas Ilmu Keolahragaan , Universitas Negeri Surabaya*.
- Radkin, A. N. J. F., Azryn, T. S. R. Z., & Moliga, J. A. M. S. (2010). *Effects Of Warming-Up On Physical Performance: Asystematic Review With Meta-Analysis. Journal Of Strength And Conditioning Research*, 140–148.
- Ricotti, L. (2011). *Static and dynamic balance in young athletes. Journal of HUMAN Sport Exercise*, 6(4), 616–628. <https://doi.org/10.4100/jhse.2011.64.05>
- Septyani, W., & Hakim, A. A. (2018). *Analisis Tingkat Kondisi Fisik Dalam Memperoleh Medali Emas Cabang Olahraga Karate -60 Kg Kumite Putra Pada Asian Games 2018 Di Indonesia*. 6–11.
- Sciences, S., Chatzopoulos, D., Galazoulas, C., Patikas, D., & Kotzamanidis, C. (2014). *Acute Effects Of Static And Dynamic Stretching On Balance , Agility , Reaction Time And Movement Time. (January)*, 403–409.
- Sportphysio. (2018). *Y Balance Test Kit*. Retrieved October 18, 2018, from <https://sportsphysio.ie/sportsperform/y-balance-test-kit.html>
- Sumartiningsih, S. (2012). *Cedera Keseleo Pada Pergelangan Kaki (Ankle Sprains)*.
- Trial, R. C., Trier, A. Y., Wikstrom, E. A., & Science, S. (2016). *Journal Of Sport Rehabilitation*, 1–14.
- Thorpe, J. L., & Ebersole, K. T. (2008). *Unilateral Balance Performance In Female Collegiate Soccer Athletes. Journal of Strength and Conditioning*

Research, 22(5), 1429–1433.

Wahid, R. (2016). *Tingkat Pemahaman Pemain Sepak Bola Usia 19 Tahun Terhadap Peraturan Sepak Bola Tahun 2014 / 2015 (Studi Kasus Pada Pemain Liga Internal Usia 19 Klub Sepak Bola Di Kabupaten Sampang) Rahman Wahid Abstrak. Jurnal Kesehatan*, 6(2), 263–273.

Yustika, G. P. (2018). *Jurnal Riset Kesehatan Sepakbola Di Ketinggian : Literature Review*. 7(1), 11–16.

Zemková, E. (2014). *Assessment Of Agility Performance Under Sport-Specific Assessment Of Agility Performance Under Sport-Specific Conditions. (January 2013)*.