

DAFTAR PUSTAKA

Alatawi, S. F. (2019). Effectiveness Of Neural Mobilization In The Management Of Chronic Low Back Pain With Radiculopathy: A Randomized Controlled trial *Journal & physioter* 6 (5), 2017-223

<https://doi.org/10.15621/ijphy/2019/v6i5/186844>

Aprilia, L., Solichin, S., & Puspitasari, S. T. (2021). Gambaran Keluhan Low Back Pain (LBP) pada Pekerja Menjahit dengan Pengukuran Visual Analog Scale (VAS). *Sport Science and Health*, 3(3), 117–124.

<https://doi.org/10.17977/um062v3i32021p117-124>

Anikwe, E., Tella, B. A., Aiyegsi, & Chukwi, S. C. Influence of Nerve Flossing Technique on acute Sciatica and hip range of motion. *International Journal of Medicine and Biomedical research*, 4(2), 91-99.

<http://creativecommons.org/licenses/by/4.0>

Andini, F. (2015). Risk Factors Of Low Back Pain in Workers. *Journal Majority*, 4 (1), 12-19.

Anies, Y. M., Al-Azab, I. M. (2017). Impact of McKenzie extension exercise approach on patients with chronic low back pain with radiculopathy: a randomized controlled trial. *International journal of therapies and Rehabilitation research*. Vol 6(2): 29-36

<https://doi.org/10.5455/ijtr.00000240>

Anggiat L., Hon W. H. C., Sokran S.N.B.B.M., Muhammad N. M. B. (2020). The changes of functional disability in non-specific low back pain among university population after proprioceptive neuromuscular facilitation and McKenzie method. *International Journal of Medical and Exercise Sciences*, Vol 6 (1) : 656-667.

Andarmoyo, S. (2013). Konsep dan Proses Keperawatan Nyeri. Yogyakarta : Ar Ruzz.

- Achmad, A. (2019). *Physical Therapy Special Test II*. Makassar: Proffesional Physiotherapy Publishing.
- Aditya,P.E., Junelin, P. (2018). Penatalaksanaan Fisioterapi pada kasus Low back pain Ischialgia di Poli Fisioterapi RSJ dr. Radjiman Wediodiningrat Lawang.
- Cook CE, Taylor J, Wright A, Milosavljevic S, Goode A, Whitford M. (2016). Risk Factors for First Time Incidence Sciatica: A Systematic Review. *Physiotherapy research International* 19 (2) : 65-78
<https://oi.org/10.1002/pri.1572>
- Cramer GD. (2016). The Lumbar Region. In: *Clinical Anatomy of the Spine, Spinal Cord, and Ans. Elsevier*; 246-311. <https://doi.org/10.1016/b978-0323-07954-9.00007-4>
- Davis D, Vasudevan A. Sciatica. [Updated 2019 Feb 28]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2019 Jan-. *International Creative Commons Attribution*. Available from:
<https://www.ncbi.nlm.nih.gov/books/NBK507908/>.
- Darwis, R.S (2016). Membangun Desain dan Model Action Research dalam Studi dan Aksi pemberdayaan masyarakat. Vol 10(1), ISSN: 1978-1261 Donnally III CJ, Varacallo M.(2019). Lumbar Degenerative Disk Disease. [Updated 2018 Oct 27]. In: StatPearls [Internet]. Treasure Island (FL): StartPearls Publishing; Jan- Availble from:
<https://www.ncbi.nlm.nih.gov/books/NBK448134/>.
- Embaby, H., M.Aboeleneen, A., Hegazy, R., & Darweesh, A. (2018). Effect of Acupuncture TENS on Sciatic pain During Pregnancy. *International Journal of Chemtech Research*, 11(7), 226-234
<https://doi.org/10.20902/ijctr.2018.110727>
- Euro, U., Heliövaara, M., Shiri, R., Knekt, P., Rissanen, H., Aromaa, A., & Karppinen, J. (2019). Work-related risk factors for sciatica leading to hospitalization. *Scientific Reports*, 9(1), 1–7.
<https://doi.org/10.1038/s41598019-42597-w>
- Fitrah, M. & Luthfiyah (2017). *Metodologi Penelitian: Penelitian Kualitatif. Tindakan kelas & Studi Kasus*. Sukabumi: Cv Jejak

- Fransisko,S. J., Anggiat L., Soeparman. Transcutaneous Electrical Nerve Stimulation dan Mckenzie Exercise pada kondisi Low Back Pain karena Hernia Nukleus Pulposus. *Jurnal fisioterapi dan rehabilitasi*. Vol 4 (2), 2548-8716. <https://doi.org/10.33660/jfrwhs.v4i2.113>
- Hidayat, A. (2016). Pengantar kebutuhan dasar manusia: Aplikasi konsep dan proses keperawatan. Buku 1. Jakarta : Salemba Medika.
- Hidayatulloh, A.I., Limbong, E.O., Ibrahim, K., Nandang. (2020). Pengalaman dan manajemen nyeri pasien pasca operasi di Ruang Kemuning V Rsup Dr. Hasan Sadikin Bandung. *Jurnal Ilmu Keperawatan dan Kebidanan*, 11(2), 187-204.
- Hungwu,C. (2018). Physical Agent Modalities. *American Journal of Occupational Therapy* 62: 691-693. <https://ajot.aota.org/article.aspx?articleid=1867124>
- Hoy, D., March, L., Brooks, P., Blyth, F., Woolf, A., Bain, C., & Murray, C. (2014). The global burden of low back pain: estimates from the Global Burden of Disease 2010 study. *Annals of the rheumatic diseases*, 73(6), 968-974
- Jiukun, L., Huang, S., Tang, Y., & Pan, T.(2017). Biomechanical analysis of the posterior bony column of the lumbal spine. *Journal of orthopedic surgery and research*, 12:132. <https://doi.org/10.1186-017-0631-y>
- Karim, K., Suharto., Durahim, D. (2020). Penerapan latihan William Exercise dan Mc Kenzie Exercise terhadap penurunan nyeri pinggang bawah non spesifik di Rumah Sakit Umum Labuang Baji Makassar. *Media Kesehatan Politeknik Kesehatan Makassar*, vol 17(2). <https://doi.org/10.3282/medkes.v15i2.1497>
- Kempf, K., Röhling, M., Darwish, E., Martin, S., Jander, S., Herdmann, J., & Stehr-Zirngibl, S. (2018). High-Tone External Muscle Stimulation for the Treatment of Chronic Sciatica – A Randomized Controlled Crossover Trial *The Open Pain Journal*, 11(1), 21-30 <https://doi.org/10.2174/1876386301811010021>
- Kumari, R., Rathi, B., Rani, A., Tiwari, S. M., & Bhatnagar, S. (2013). Phytochemical, pharmacological and therapeutic aspects. *International Journal of Pharmaceutical Sciences Review and Research*, 23(2).

- Khadijah, S., Budi, I. S. (2020). Efektivitas Neural Mobilization Terhadap Peningkatan Aktivitas Dan Kemampuan Fungsional Pada Ischialgia. *Journal Fisiomu*, 1(1):6-16 <https://10.23917/j.fisiomu.v1i1.9394>
- Klimek, L., Bergman, K., Biederman, T., Bousquet, J., Hellings, P., Merk, H.J., Oize, H., Schienter, W., Stock, P., Ring, S., Wagenman, M., Weherman, W., & Pfaar, O. (2017). Visual Analogue Scale (VAS): Measuring instruments for the documentation of symptoms and therapy monitoring in cases of allergic rhinitis in everyday health care. *Allergo Journal International*, 26:16-24. <https://dx.doi.org/10.1007/s40629-017-0010-6>
- Melancia JL, Francisco AF, Antunes JL. (2016) Spinal stenosis. In: Handbook of Clinical Neurology. Elsevier; :541-549. <https://doi.org/10.1016/b978-0-70204086-3.00035-7>
- Majelesi, J., Togay, H., Unalan, H., & Toprak, S. (2018). The sensitivity and Specificity of the SLUMP and Straight Leg Raising Test in Patients With Lumbar Disc Herniation. *Journal of Clinical Rheumatology*, vol 14(2).
- Molinos M, Almeida CR, Caldeira J, Cunha C, Gonçalves RM, Barbosa MA. Inflammation in intervertebral disc degeneration and regeneration [published correction appears in J R Soc Interface. 2015 Jul 6;12(108):20150429]. *J R Soc Interface*. 2015;12(104):20141191. <https://doi.org/10.1098/rsif.2014.1191>
- Merdekawati, D., Dasuku., Melany, H. (2018). Perbandingan Validitas skala ukur nyeri VAS dan NRS terhadap penilaian nyeri di IGD RSUD Raden Mattaher Jambi. *Riset Informasi Kesehatan*, vol 792). <https://doi.org/10.30644/rik.v7i2.168>
- Nugraha, M. I., Purnawati, S., Irfan. M. (2019). Efektivitas Short Wave Diathermy dan Neurodynamic Mobilization pada Radikulopati Lumbal. *Sport and fitness journal*. Vol 7(6), 1-10.
- Nugroho, F., Weta, I. W., Griadhi, S. dr. I. P. A., Komang, B. S., & Irfan, M. (2018). Penambahan Nerve Stretching Lebih Baik Dibandingkan Nerve Gliding Setelah Mc Kenzie Exercise Dalam Menurunkan Gangguan Sensorik Dan

Meningkatkan Fleksibilitas Nervus Ischiadicus Pada Hernia Nucleus Pulposus Lumbal. *Sport and Fitness Journal*, 6(1), 91–101.

Noehren, B., Daily, D., Rakel, B., Vance, T., Zimerman, M., Crofford, L., & Sluka, K. (2015). Effect of transcutaneous electrical nerve stimulation on pain, function, and quality of life in fibromyalgia: a double-blind randomized clinical trial. *National Library of Medicine*.

<https://doi.org/10.2522/ptj.20140218>

Nuach, B.M. (2019). Pemberian Transcutaneous Electrical Nerve Stimulation menurunkan intensitas nyeri pada pasien bedah urologi di Ruang Rawat Inap Marwah RSU Haji Surabaya. *Jurnal Majority*, 4(1).

Ostelo, R. (2020). Physiotherapy management of sciatica. *Journal of Physiotherapy*, 66: 83-88. Published by Elsevier B.V. This is an open access article under the CC-BY-NC-ND license

<http://creativecommons.org/licenses/by-nc-nd/4.0/>

Okonkwo, U. P., Ibeneme, S. C., Ihegihu, E. Y., Egwuonwu, A. V., Ezema, I. C., Maruf, A. F., Okoye, E. C., Ibikunle, O. P., & Ezekwu, A. O. (2018). Effects of transcutaneous electrical nerve stimulation in the Management of PostInjection Sciatic Pain in a non-randomized controlled clinical trial in Nnewi, Nigeria. *BMC Complementary and Alternative Medicine*, 18(1), 1–11.

<https://doi.org/10.1186/s12906-018-2373-8>

Pesonen, J., Shacklock, M., Rantanen, P., Mäki, J., Karttunen, L., Kankaanpää, M., Airaksinen, O., & Rade, M. (2021). Extending the straight leg raise test for improved clinical evaluation of sciatica: reliability of hip internal rotation or ankle dorsiflexion. *BMC Musculoskeletal Disorders*, 22(1), 1–8.

<https://doi.org/10.1186/s12891-021-04159-y>

Pratama, M. A., Bustaman, M., & Zulfa, F. (2021). Mckenzie exercise dan William exercise efektif menurunkan intensitas nyeri Low Back Pain. *Jurnal Kesehatan Kusuma Husada*.

- Pratitdya, G. Rehatta, M. Susila, D. (2020). Perbandingan interpretasi skala nyeri antara NRS-VAS-WBFS oleh pasien pasca operasi elektif Orthopedi di RSUD Dr. Soetomo. *Jurnal Ilmiah Ilmu Kesehatan*, 8(3), 447-463.
- Parreira, P., Maher, C. G., Steffens, D., Hancock, M. J., & Ferreira, M. L. (2018). Risk factors for low back pain and sciatica: an umbrella review. *Spine Journal*, 18(9), 1715–1721.
- PMK No. 65 tahun 2015. Tentang standar pelayanan fisioterapi. Jakarta: Kementerian Kesehatan.
- Rihn, J. A., Kurd, M., Hilibrand, A. S., Lurie, J., Zhao, W., Albert, T., & Weinstein, J. (2013). The influence of obesity on the outcome of treatment of lumbar disc herniation: Analysis of the spine patient outcomes research trial (SPORT). *The Journal of Bone and Joint Surgery*. American Volume, 95(1), 1-8.
- Stafford MA, Peng P, Hill DA. (2017). Sciatica: a review of history, epidemiology, pathogenesis, and the role of epidural steroid injection in management. *British Journal of Anaesthesia*; 99(4): 461-473 <https://doi.org/10.1093/bja/aem238>.
- Saltychev, M., Mattie, R., McCromick, Z. Barlund, E., & Laimi, K. (2017). Psychometrik properties of the Oswestry Disability Index. *International Journal of Rehabilitation Research*, 40(3), 202-208 <https://doi.org/10.1097/MRR.000000000000226>.
- Sousa, N. T. A., Guirro, E. C. D. O., Cali6, J. G., De Queluz, M. C., & Guirro, R. R. D. J. (2017). Application of shortwave diathermy to lower limb increases arterial blood flow velocity and skin temperature in women: a randomized controlled trial. *Brazilian Journal of Physical Therapy*, 21(2), 127–137. <https://doi.org/10.1016/j.bjpt.2017.03.008>
- Stynes, S., Konstantinou, K., Ogollah, R., Hay, E. M., & Dunn, K. M. (2018). Clinical diagnostic model for sciatica developed in primary care patients with low back-related leg pain. *PLoS ONE*, 13(4), 1–14. <https://doi.org/10.1371/journal.pone.0191852>

- Sari, N.L., Prapti, N.K., & Sulistiowati, N.M.D (2019). Pengaruh latihan William Exercise terhadap skala nyeri punggung bawah pada pengrajin ukiran. *Community of Publishing in Nursing*, 7 (2) 2303-1298
- Sipayung, I. J., Anggiat L., Soeparman. Terapi konvensional dan Metode Mckenzie pada lansia dengan kondisi Low Back Pain karena Hernia Nukleus Pulposus. *Jurnal fisioterapi dan rehabilitasi*. Vol 4 (2), 2548-8716. <https://doi.org/10.33660/jfrwhs.v4i2.113>
- Santoso, B. (2020). Perbedaan Antara Aquatic Exercise Dengan Mckenzie Exercise Dalam Menurunkan Disabilitas Pada Penderita Discogenic Low Back Pain. *Jurnal Syntak Transformation*, 4 (1) <https://doi.org/10.46799/%25J.Vol1.Iss4.43>
- Saputri, P.E., Damayanti, M., & Gandasari, N.m. (2018). Pengaruh Mc Kenzie Extension Exercise terhadap tingkat penurunan skala nyeri punggung bawah. *Community of Publishing in Nursing*, 6(2).
- Trisnowoyo, B. (2012). Instrumen pemeriksaan fisioterapi dan penelitian kesehatan. Yogyakarta : Nuha Medika.
- Wilke H-J, Volkheimer D. (2018). Basic Biomechanics of the Lumbar Spine. In: *Biomechanics of the Spine. Elsevier*; 51-67. <https://doi.org/10.1016/b978-012-812851-0.00004-5>
- Wardana, Y., Jalalin, J., & Zulisetiana, E.F. (2018). Pengaruh Short Wave Diathermy (SWD) dan Transcutaneous Electrical Nerve Stimulation (TENS) terhadap kejadian Kinesiophobia dan pain Catastrophizing pada pasien Low Back Pain. *Jurnal Kedokteran dan Kesehatan*, 5(1). <https://doi.org/10.32539/JKK.v5i1.6121>
- Waxenbaum JA, Futterman B. Anatomy, Back, Lumbar Vertebrae. [Updated 2018 Dec 13]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2019 Jan-Availble from: <https://www.ncbi.nlm.nih.gov/books/NBK459278/>