

## DAFTAR PUSTAKA

1. Kaplan W, Wirtz VJ, Mantel-Teeuwisse A, et al. Priority medicines for Europe and the world update report. Switzerland: WHO Press, Report, 2013.
2. Sun HB. Mechanical loading, cartilage degradation, and arthritis. *Ann N Y Acad Sci.* 2010; 1211:37-50. doi:10.1111/j.1749-6632.2010.05808.x
3. Schroepel JP, Crist JD, Anderson HC, Wang J. Molecular regulation of articular chondrocyte function and its significance in osteoarthritis. *Histol Histopathol.* 2011;26(3):377-394. doi:10.14670/HH-26.377
4. McKay, J., Franzen, K., Vercruyssen, N., Davis, A., Hafsi, K., Opitz, T., & Murrell, W. (2018). *Rehabilitation following regenerative medicine treatment for knee osteoarthritis-current concept review.* *Journal of Clinical Orthopaedics and Trauma.* doi: 10.1016/j.jcot.2018.10.018
5. Sharma, L. (2016). *Osteoarthritis year in review 2015: clinical.* *Osteoarthritis and Cartilage, 24(1), 36–48.* doi: 10.1016/j.joca.2015.07.026
6. Juhakoski, R., Tenhonen, S., Malmivaara, A., Kiviniemi, V., Anttonen, T., & Arokoski, J. P. (2010). A pragmatic randomized controlled study of the effectiveness and cost consequences of exercise therapy in hip osteoarthritis. *Clinical Rehabilitation, 25(4), 370–383.* doi:10.1177/0269215510388313
7. Hale, L. A., Waters, D., & Herbison, P. (2012). A Randomized Controlled Trial to Investigate the Effects of Water-Based Exercise to Improve Falls Risk and Physical Function in Older Adults with Lower-Extremity Osteoarthritis. *Archives of Physical Medicine and Rehabilitation, 93(1), 27–34.* doi: 10.1016/j.apmr.2011.08.004
8. Brantingham, J. W., Parkin-Smith, G., Cassa, T. K., Globe, G. A., Globe, D., Pollard, H., ... Korporeal, C. (2012). Full Kinetic Chain Manual and Manipulative Therapy Plus Exercise Compared with Targeted Manual and Manipulative Therapy Plus Exercise for Symptomatic Osteoarthritis of the Hip: A Randomized Controlled Trial. *Archives of Physical Medicine and Rehabilitation, 93(2), 259–267.* doi: 10.1016/j.apmr.2011.08.036
9. KAPCI YILDIZ, S., ÜNLÜ ÖZKAN, F., AKTAŞ, İ., ŞİLTE, A. D., YILMAZ KAYSIN, M., & BİLGİN BADUR, N. (2015). The effectiveness of ultrasound treatment for the management of kneeosteoarthritis: a randomized, placebo-controlled, double-blind study. *TURKISH JOURNAL OF MEDICAL SCIENCES, 45, 1187–1191.* doi:10.3906/sag-1408-81
10. Krauß, I., Steinhilber, B., Haupt, G., Miller, R., Martus, P., & Janßen, P. (2014). *Exercise Therapy in Hip Osteoarthritis.* *Deutsches Arzteblatt Online.* doi:10.3238/arztebl.2014.0592
11. DeVita, P. A. J. B. C. L. J. M. B. H. & H. M., 2018. The effect of quadriceps-strengthening exercise on quadriceps and knee biomechanics during walking in knee osteoarthritis: A twocentre randomized controlled trial. *Clinical Biomechanics, Issue* doi:10.1016/j.clinbiomech.2018.09.016 , pp. 24-25.
12. Beselga, C., Neto, F., Alburquerque-Sendín, F., Hall, T., & Oliveira-Campelo, N. (2016). *Immediate effects of hip mobilization with movement in patients with hip*

*osteoarthritis: A randomised controlled trial. Manual Therapy, 22, 80–85. doi: 10.1016/j.math.2015.10.007*

13. Al Rashoud, A. S., Abboud, R. J., Wang, W., & Wigderowitz, C. (2014). *Efficacy of low-level laser therapy applied at acupuncture points in knee osteoarthritis: a randomised double-blind comparative trial. Physiotherapy, 100(3), 242–248. doi: 10.1016/j.physio.2013.09.007*
14. French, H. P., Cusack, T., Brennan, A., Caffrey, A., Conroy, R., Cuddy, V., ... McCarthy, G. M. (2013). *Exercise and Manual Physiotherapy Arthritis Research Trial (EMPART) for Osteoarthritis of the Hip: A Multicenter Randomized Controlled Trial. Archives of Physical Medicine and Rehabilitation, 94(2), 302–314. doi: 10.1016/j.apmr.2012.09.030*
15. Pisters MF, Veenhof C, van Dijk GM, Dekker J. Avoidance of activity and limitations in activities in patients with osteoarthritis of the hip or knee: A 5-year follow-up study on the mediating role of reduced muscle strength. *Osteoarthr Cartil. 2014;22(2):171-177. doi: 10.1016/j.joca.2013.12.007*
16. Helmark, I. C., Mikkelsen, U. R., Børglum, J., Rothe, A., Petersen, M. C., Andersen, O., ... Kjaer, M. (2010). *Exercise increases interleukin-10 levels both intraarticularly and peri-synovially in patients with knee osteoarthritis: a randomized controlled trial. Arthritis Research & Therapy, 12(4), R126. doi:10.1186/ar3064*
17. Morishita, K., Karasuno, H., Yokoi, Y., Morozumi, K., Ogihara, H., Ito, T., ... Abe, K. (2014). *Effects of Therapeutic Ultrasound on Range of Motion and Stretch Pain. Journal of Physical Therapy Science, 26(5), 711–715. doi:10.1589/jpts.26.711*
18. Alfredo, P. P., Bjordal, J. M., Dreyer, S. H., Meneses, S. R. F., Zaguetti, G., Ovanessian, V., ... Marques, A. P. (2011). *Efficacy of low-level laser therapy associated with exercises in knee osteoarthritis: a randomized double-blind study. Clinical Rehabilitation, 26(6), 523–533. doi:10.1177/0269215511425962*
19. Hing W, Hall T, Rivett D, Vicenzino B, Mulligan B. *The Mulligan Concept of manual therapy - Textbook of techniques. Sydney: Elsevier, 2015.*
20. Ceballos-Laita, L., Estébanez-de-Miguel, E., Martín-Nieto, G., Bueno-Gracia, E., Fortún-Agú, M., & Jiménez-del-Barrio, S. (2018). Effects of non-pharmacological conservative treatment on pain, range of motion and physical function in patients with mild to moderate hip osteoarthritis. A systematic review. *Complementary Therapies in Medicine. doi: 10.1016/j.ctim.2018.11.021*
21. Abbott JH, Robertson MC, Chapple C, Pinto D, Wright AA, Leon de la Barra S, et al. Manual therapy, exercise therapy, or both, in addition to usual care, for osteoarthritis of the hip or knee: a randomized controlled trial. 1: clinical effectiveness. *Osteoarthritis Cartilage 2013; 21: 525-34.*
22. Arnold CM, Faulkner RA. The effect of aquatic exercise and education on lowering fall risk in older adults with hip osteoarthritis. *J Aging Phys Activity. 2010; 18: 245-60.*

Lampiran Biodata Penulis

***CURRICULLUM VITAE***



Nama : Nurfarahin Binti Adli  
NamaPanggilan : Farahin  
Tempat, TanggalLahir : Kedah,Malaysia 26 Mei 1996  
JenisKelamin : Perempuan  
Agama : Islam  
Alamat : D503 Rusunawa UNHAS 1, Jalan Perintis Kemerdekaan,  
Kampus Tamalanrea 90245 Makassar  
No. Telpon : 60142235736  
Email : farahinadli@gmail.com  
Motto : “Point,Aim,Shoot”

**Riwayat Pendidikan**

- a. SD : Tadika Graduan Kecil, P.Pinang
- b. SMP : SK Jalan Baharu, P.Pinang
- c. SMA : SMK Dato Onn Butterworth, P.Pinang
- d. Universitas : Fakultas Kedokteran Universitas Hasanuddin

**Riwayat Organisasi**

- 2017 – 2018** Anggota Data Dokumentasi dan Informasi Persatuan Kebangsaan Pelajar Malaysia di Indonesia (PKPMI) Cawangan Makassar
- 2017 – 2018** Anggota Ikatan Penulis Mahasiswa (IPEM) Malaysia Di Indonesia

<b>2018 – 2019</b>	Anggota Medical Muslim Family (M2F) Fakultas Kedokteran Unhas
<b>2018 – 2019</b>	Anggota Roentgen Photography Fakultas Kedokteran Unhas
<b>2018 – 2019</b>	Anggota Data Dokumentasi dan Informasi Persatuan Kebangsaan Pelajar Malaysia di Indonesia (PKPMI) Cawangan Makassar
<b>2019 – 2020</b>	Timbalan Yang di-Pertua Persatuan Kebangsaan Pelajar Malaysia di Indonesia (PKPMI) Cawangan Makassar

#### **Riwayat Kepanitiaan**

1. Divisi Publikasi dan Dokumentasi KEMA FK Unhas 2018
2. Ketua Data Dokumentasi dan Informasi Malaysia Peduli 2.0

#### **Riwayat Pelatihan**

1. Islamic Basic Study (Medical Muslim Family) 2017
2. Seminar Kepimpinan Pemantapan Organisasi Dan Profesionalisme 5.0 2020

**Updated on 16-12-20**