References

Akuthota, venu, Stilp, S. K., Lento, P., Gonzalez, P., & Putnam, A. R. (2020). *Iliotibial Band Syndrome. Essential of Physichal Medicine and Rehabilitation (Fourth Edition)*. 384–390.

Alfan, H. Z. (2019). *Hubungan Antara Motivasi Olahraga dan Ketangguhan Mental Terhadap Penampilan Puncak Pelari Di Komunitas Run Malang Run. Skripsi.UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG*.

Algipari, M. A., Taqiyudin, A., Fadilah, F., & Gamael, Q. A. (2020). *Manfaat Kinesio Tape BagiAtlet. Tesis. Universitas Singaperbangsa Karawang*.

Anggara, F. A. (2019). *PENGARUH PEMBERIAN HOLD RELAX DAN KINESIO TAPING TERHADAP PERUBAHAN FLEKSIBILITAS SAAT KEJADIAN DELAYED ONSET MUSCLE SORENESS PADA OTOT HAMSTRING*.

Aras, D., Arsyad, A., & Hasbiah, N. (2017). *The Correlation between Flexibility and Strength of Arm Muscle with Swimming Speed. Program Studi Fisioterapi. Fakultas Kedokteran. Universitas Hasanuddin. Makassar. JURNAL MKMI*. *12*(4).

Arnold, M. J., Aaron L., & Moody. (2018). *Common Running Injuries: Evaluation and Management. American Family Physician*. *97*.

Baker, R. L., & Fredericson, M. (2016). *Iliotibial Band Syndrome in Runners: Biomechanical Implications and Exercise Interventions. Physical Medicine and Rehabilitation Clinics*. *27*(1), 53–77. https://doi.org/10.1016/j.pmr.2015.08.001

Balachandar, V., Hampton, M., Riaz, O., & Woods, S. (2019). *Iliotibial Band Friction Syndrome: A Systemaric Review and Meta-Analysis to Evaluate Lower-*

Limb Biomechanis and Concervative Treatment. *2*, 181–193. https://doi.org/10.32098/mltj.02.2009.05

Bergeson, K. (2019). *Review of Risk Factors Associated with the Development if Iliotibial Band Syndrome in Runners. UNIVERSITY OF SOUTH DAKOTA*. https://red.library.usd.edu/honors-thesis

Castrogiovanni, P., Giunta, A. D., Guglielmino, C., Roggio, F., Romeo, D., Fidone, F., Imbesi, R., Loreto, C., Castorina, S., & Musumeci, G. (2016). *The Effects of Exercise and Kinesio Tape on Physical Limitations in Patients with Knee Osteoarthritis. Journal of Functional Morphology and Kinesiology*. *1*, 355–368. https://doi.org/10.3390/jfmk1040355

Charles, D., & Rodgers, C. (2020). *A Literature Review and Clinical Commentary on the Development of Iliotibial Band Syndrome in Runners / The International Journal of Sports Physical Therapy/*. *15*, 3. https://doi.org/10.26603/ijspt20200460

Cheung, C. C., I. P. H. Au, W. An, R. T. H. (2015). *Facilitatory and inhibitory effects of Kinesio tape: Fact or fad?/ Journal of Science and Medicine in Sport, Department of Rehabilitation Sciences, Hong Kong Polytechnic University, Hong Kong*. 4. https://doi.org/10.1016/j.jsams.2015.01.010

Donec, V., & Kubilius, R. (2019). The effectiveness of Kinesio Taping® for pain management in knee osteoarthritis: A randomized, double-blind, controlled clinical trial. *Therapeutic Advances in Musculoskeletal Disease*, *11*, 1759720X1986913. https://doi.org/10.1177/1759720X19869135

Fauzi, I. B., & Priyonoadi, B. (2019). KLASIFIKASI DAN PEMAHAMAN PENANGANAN CEDERA PADA SAAT LATIHAN MENARI. *MEDIKORA*, *17*(1). https://doi.org/10.21831/medikora.v17i1.23494

Fox, A., Ferber, R., Saunders, N., Osis, S., & Bonacci, J. (2018). Gait Kinematics in Individuals with Acute and Chronic Patellofemoral Pain. *Medicine & Science in Sports & Exercise*, *50*(3), 502–509. https://doi.org/10.1249/MSS.0000000000001465

Furkan, Rusdin, & Shandi, S. A. (2020). *Menjaga Daya Tahan Tubuh Dengan Olahraga saat Pandemi Corona Covid-19. Jurnal Ilmu Sosial dan Pendidikan*. *5*(1).

Hadeed, A., & Tapscott, D. C. (2020). *Iliotibial Band Friction Syndrome / Southern Illinois University,NCBI Bookshelf.A service of the National Library of Medicine, National Institutes of Health.*

Hidayat, T. (2020). *Upaya Peningkatan Hasil Belajar Lari Cepat 100 Meter Melalui Metode Latihan Akselerasi Pada Peserta Didik Kelas XI TITL SMKN 1 RAO SELATAN Kabupaten Kasaman. INDONESIA SPORT JOURNAL*. *3*(1), 49–58.

Hyland, S., Graefe, S., & Varacallo, M. (2020). *Anatomy, Bony Pelvis and Lower Limb, Iliotibial Band (Tract) / Creighton University*.

Illias, A. M. (2019). *PERBEDAAN PENGARUH HIP STRENGTHENING EXERCISE DAN QUADRICEPS STRETCHING EXERCISE TERHADAP PENURUNAN NYERI PATELOFEMORAL PAIN SYNDROME PADA PELARI MARATON DI PASI SLEMAN*.

Jarecki, J., Sobiech, M., Turżańska, K., Tomczyk-Warunek, A., & Jabłoński, M. (2021). *A Kinesio Taping Method Applied in the Treatment of Postsurgical Knee Swelling after Primary Total Knee Arthroplasty*. 11.

Jaroń, A., Preuss, O., Grzywacz, E., & Trybek, G. (2021). The Impact of Using Kinesio Tape on Non-Infectious Complications after Impacted Mandibular Third Molar Surgery. *International Journal of Environmental Research and Public Health*, *18*(2), 399. https://doi.org/10.3390/ijerph18020399

Joshi, D. G., Balthillaya, G., & Prabhu, A. (2017). *Effect of Remote Myofascial Release in Hamstring Fkexibility in Ssymptomatic Individuls—A Randomized Clinical Trial, Journal Of Bodywork & Movement Therapies*. *22*, 832–837. https://doi.org/10.1016/j.jbmt.2018.01.008

Junior, M. A. L., Civile, V., De Almeida, M. O., & Costa, L. O. P. (2018). *Effectivitas of Kinesio Taping in Patients With Chronic Non-Specific Low Back Pain: A Systematic Review With Meta-Analysis*. https://doi.org/10.1097/BRS.00000000002756

Kasawara, K., Mapa, J. M. R., Ferreira, V., Added, M. A. N., Shiwa, S. R., Carvas Jr, N., & Batista, P. A. (2018). *Effects of Kinesio Taping on breast cancer-related lymphedema: A meta-analysis in clinical trials.Physiotherapy Theory and Practice An International Journal of Physical Therapy*. https://doi.org/10.1080/09593985.2017.1419522

Kemala, A., & Mamesah, E. D. (2020). PERBEDAAN TINGKAT KECEMASAN ATLET CABANG OLAHRAGA ATLETIK DKI JAKARTA YANG PERNAH MENGALAMI CEDERA AKUT DAN CEDERA KRONIS.

Motion: Jurnal Riset Physical Education, *11*(1), 1–11. https://doi.org/10.33558/motion.v11i1.1860

Kim, H., & Shin, W. (2019). *Immediate Effect of Pressure Pain Threshold and Flexibility in Tensor Fascia Latae and Iliotibial Band According to Various Foam Roller Exercise Methods, Depertement of Physical Therapy, Djoejen University, Republic of Korea*.

Kul, A., & Ugur, M. (2019). *Comparison of the Efficacy of Conventional Physical Therapy Modalities and Kinesio Taping Treatments in Shoulder Impingement Syndrome. The Eurasian Journal Of Medicine*. https://doi.org/10.5152/eurasianjmed.2018.17421

Larassary, A. (2020). *Perspektif Pengalaman Konsumen Terhadap Kesuksesan Event Lari Borobudur Marathon 2019. Jurnal olahraga*. *5*(2).

Lee, D., & Bae, Y. (2021). *Short-Term Effect of Kinesio Taping of Lower-Leg Proprioceptive Neuromuscular Facilitation Pattern on Gait Parameter and Dynamic Balance in Chronic Stroke With Foot Drop. HEALTHCARE*. *9*, 271.

Linton, L., & Valentin, S. (2018). Running with injury: A study of UK novice and recreational runners and factors associated with running related injury. *Journal of Science and Medicine in Sport*, *21*(12), 1221–1225. https://doi.org/10.1016/j.jsams.2018.05.021

Ma, Y., & Huang, L. (2020). Effect of Different Kinesio Taping Interventions on the Local Thresholds of Current Perception and Pressure Pain in Healthy Adults. *Frontiers in Physiology*, *11*, 9.

Malfira, D., Wahyuddin, -, & Hilmy, M. R. (2017). Self Myofascial Efektivitas Self Myofascial Release Dengan Latihan Penguatan terhadap Nyeri dan Knee Performance pada Iliotibial Band Syndrome, Jurnal Fisioterapi. *2017*, *16*.

McKay, J., Maffulli, N., Aicale, R., & Taunton, J. (2020). Iliotibial band syndrome rehabilitation in female runners: A pilot randomized study. *Journal of Orthopaedic Surgery and Research*, *15*(1), 188. https://doi.org/10.1186/s13018-020-01713-7

Nurcahyani, D., Lesmana, S. I., Hilmy, M. R., Fisioterapi, F., & Unggul, U. E. (2019). *HUBUNGAN EKSTENSIBILITAS HAMSTRING DAN STABILISASI HIP PADA PEMAIN FUTSAL*. *19*, 8.

Otriami, I. (2020). *Analisis Frekuensi Denyut Nadi Istirahat Pelari Dan Bukan Pelari Di Kota Padang. Skripsi. Fakultas Kedokteran Universitas Hasanuddin*.

Özmen, T., Koparal, S. S., Karataş, Ö., Eser, F., Özkurt, B., & Gafuroğlu, Ü. (2021). Comparison of the clinical and sonographic effects of ultrasound therapy, extracorporeal shock wave therapy, and Kinesio taping in lateral epicondylitis. *Turk J Med Sci*, 8.

Pegrum, J., Self, A., & Hall, N. (2019). *Iliotibial Band Syndrome*. 1–6. https://doi.org/10.1136/bmj.1980

Prabowo, E., & Agustiyawan. (2020). *PENGARUH KINESIO TAPING TERHADAP PENINGKATAN FLEKSIBILITAS PADA ORANG LANJUT USIA (LANSIA) INFLUENCE OF KINESIO TAPING FOR INCREASE FLEXIBILITY OLDER PEOPLE*. *4*, 49–53.

Prasetyo, R. F., & Rochmania, A. (2021). *EFEK KINESIOTAPING TERHADAP FLEKSIBILITAS OTOT HAMSTRING PADA ATLET SPRINTER (100M): STUDY PADA RONGGOLAWE ATLETIK CLUB*. *4*(1), 7–12.

Pristianto, A., Mirawati, D., Syauqi, A. F., & Sudawan, E. A. (2020). *Pengaruh Myofascial Release Terhadap Peningkatan Fleksibilitas Abductor Hip (Study UKM Taekwondo UMS). UNIVERSITAS AISYIYAH SURAKARTA.*

Sastra, F. P. (2018). *Perbedaan Pengaruh Pemberian Kinesio Taping dan Foam Roller pada Latihan Eksentrik Otot Hamstring terhadap Penururnan Nyeri saat Kejadian Delay Onset Muscle Soreness (DOMS). Skripsi. UNIVERSITAS MUHAMMADIAH SURAKARTA*.

Shen, P., Mao, D., Zhang, C., Sun, W., & Song, Q. (2019). *Effects of Running Biomechanics on the Occurrence of Iliotibial Band Syndrome in Male Runners During an Eight-Week Running Programme—A Prospective Study*. https://doi.org/10.1080/14763141.2019.1584235

Sudarsono, A. (2017). *Elastic Theraupeutic Taping/Kinesiotaping. APLIKASI PADA OTOT SKELETAL. MODUL I*.

Tantawy, S. A., Abdelbasset, W. K., Nambi, G., & Kamel, D. M. (2019). Comparative Study Between the Effects of Kinesio Taping and Pressure Garment on Secondary Upper Extremity Lymphedema and Quality of Life Following Mastectomy: A Randomized Controlled Trial. *Integrative Cancer Therapies*, *18*, 153473541984727. https://doi.org/10.1177/1534735419847276

Thirupathi, A., Pinho, R. A., Ugbolue, U. C., He, Y., Meng, Y., & Gu, Y. (2021). *Effect of Running Exercise on Oxidative Stress Biomarkers: A Systematic Review*. *Universuty Ukraine*. *11*. https://doi.org/10.3389/fphys.2020.610112

Tisna, G. D. (2017). *Profil Antropometrik, Kekuatan Otot Tungkai, Kecepatan Reaksi, Dan Fleksibilitas Pada Atlet Lari 100 Meter*. *JURNAL PENJAKORA. Jurusan Ilmu Keolahragaan*. *4*(2).

Trisnowiyanto, B. (2016). *Pengaruh Mat Pilates Exercise Terhadap Fleksibilitas Tubuh, Jurusan Fisioterapi Politeknik Kesehatan Kemenkes.R.I. Surakarta, JURNAL KESEHATAN,*. *1*.

Trobec, K., & Persolja, M. (2017). *Efficacy of Kinesio Taping in reducing Low Back Pain: A Comprehensive Review*. *Journal Of Health Sciences*. *7*(1), 1–8. https://doi.org/10.17532/jhsci.2017.410

Wardati, K. Z., & Kusuma, D. A. (2020). *Analisis Opini Pelari Rekreasional Terkait Faktor Penyebab Cedera pada Olahraga Lari*.

Weldman, S. D. (2019). *111—Runner's Knee.Dalam S. D. Waldman (Ed.), Atlas of Common Pain Syndromes (Fourth Edition) (hlm. 440–444).Elsevier*. https://doi.org/10.1016/B978-0-323-54731-4.00111-0

Wiguna, P. D. A., Muliarta, M., Wibawa, A., & Adiputra, L. M. I. S. H. (2016). *Intervensi Contract Relax Stretching Direct Lebih Baik Dalam Meningkatkan Fleksibilitas Otot Hamstring Dibandingkan dengan Intervensi Contract Relax Stretching Indirect pada Mahasiswa Program Study Fisioterapi Fakultas Kedokteran Udayana*. *2*.

Williams, S., Whatman, C., Hume, P. A., & Sheerin, K. (2012). Kinesio Taping in Treatment and Prevention of Sports Injuries: A Meta-Analysis of the Evidence for its Effectiveness. *Sports Medicine*, *42*(2), 153–164. https://doi.org/10.2165/11594960-000000000-00000

Yuharti, M. (2020). *Pengaruh Statid StretchingTerhadap Perubahan Fleksibilitas dan Perubahan Range of Motion (ROM) Sendi Lutut pada Lanjut Usia di Yayasan Batara Hati Mulia Kabupaten Gowa. Skripsi.Universitas Hasanuddin*.

Yuliana, E., & Kushartanti, B. M. W. (2019). MANIPULASI TOPURAK (TOTOK, PUKUL, GERAK) UNTUK PENYEMBUHAN NYERI DAN KETEGANGAN OTOT LEHER. *MEDIKORA*, *17*(2), 113–119. https://doi.org/10.21831/medikora.v17i2.29182

Zein, M. I. (2018). *Kinesiotaping in Sports Medicine, Pemasangan Kinesiotaping Pada Kasus Cedera Olahraga*.

Tables

Tabel 1 Karakteristik Responden

Karakteristik Responden	N	Persentase
Jenis Kelamin		
Perempuan	1	6,7%
Laki-laki	14	93,3%
Total	**15**	**100%**
Usia		
Remaja	1	6,7%
Dewasa	14	93,3%
Total	**15**	**100%**
Indeks Massa Tubuh		
Overweight	1	6,7%
Normal	14	93,3%
Total	**15**	**100%**

Fase Cedera		
Akut	3	20%
Subakut	5	33,3%
Kronik	7	46,7%
Total	**15**	**100%**
Tipe Pelari		
Pelari Pemula	8	53,3%
Pelari Rekreasi	7	46,7%
Total	**15**	**100%**

Table 2 Distribusi Perubahan Fleksibilitas antara Pre dan Post Test

Fleksibilitas	***Kinesio Taping***	
ITB	***Pre Test* (%)**	***Post Test* (%)**
Kurang	15 (100)	1 (6,7)
Baik	0 (0)	14 (93,3)
Total	**15 (100)**	**15 (100)**

Table 3 Perubahan Fleksibilitas (*Pre-Post Test*) Pemberian *Kinesio Taping*

Uji *Paired T Test*	***Mean* ± SD**	**Signifikansi P***	***d***
Kinesio Taping			
Pre Test	19.29 ± 1.857	0.000	5,0
Post Test	24.26 ± 1.145		