

## DAFTAR PUSTAKA

- Al Mahrouqi, M. M., MacDonald, D. A., Vicenzino, B., & Smith, M. D. (2020). Quality of Life, Function and Disability in Individuals With Chronic Ankle Symptoms: A Cross-Sectional Online Survey. *Pubmed Central* .
- Alexis, M. T., & Constant, D. (2022). Recurrent Ankle Sprain. *StatPearls* .
- Alexis, T. M., & Dustin, C. (2023). Recurrent Ankle Sprain. *StatPearls* .
- Bekerom, v. d., Kimmenade, V. R., Sierevelt, I., Eggink, K., Kerkhoffs, G., & Dijk, V. C. (2016). Randomized comparison of tape versus semi-rigid and versus lace-up ankle support in the treatment of acute lateral ankle ligament injury. *Knee Surg Sports Traumatol Arthrosc. PMC free article, PubMed* , 9778-9874.
- Boren, D., Kauffmann, M., & Jacobs, P. (2023). *Ankle Sprain: Chronic Ankle Instability Risk Identification*. Dipetik Juni 20, 2023, dari Physiopedia: [physio-pedia.com/Ankle\\_Sprain](https://www.physio-pedia.com/Ankle_Sprain)
- Carto, C., Varacallo, M., & Lezak, B. (2022). Anatomy, Bony Pelvis and Lower Limb: Distal Tibiofibular Joint. *StatPearls* .
- Daneshjoo, A., Rahnama, Mokhtar, A. H., & Yusof, A. (2012). The Effects of Comprehensive Warm-Up Programs on Proprioception, Static and Dynamic Balance on Male Soccer Players. *Research Gate* .
- Dawes, J., & Roozen, M. (2021). *Developing Agility and Quickness Jay Dawes e Mark Roozen NSCA*. Dipetik July 20, 2023, dari Academia Edu: [https://www.academia.edu/43887163/Developing\\_Agility\\_and\\_Quickness\\_Jay\\_Dawes\\_e\\_Mark\\_Roozen\\_NSCA](https://www.academia.edu/43887163/Developing_Agility_and_Quickness_Jay_Dawes_e_Mark_Roozen_NSCA)
- Doherty, C. (2023). *Chronic Ankle Instability Risk Identification*. Dipetik Desember 08, 2023, dari Physiopedia: [https://members.physio-pedia.com/learn/chronic-ankle-instability-risk-identification-promopage/?utm\\_source=physiopedia&utm\\_medium=related\\_courses\\_mobile&utm\\_campaign=ongoing\\_internal](https://members.physio-pedia.com/learn/chronic-ankle-instability-risk-identification-promopage/?utm_source=physiopedia&utm_medium=related_courses_mobile&utm_campaign=ongoing_internal)
- Emily, N. F. (2020). literatur review: hubungan dynamic ballance terhadap resiko terjadinya cedera pada pemain sepak bola. *Library UPAVJ* .

- Falch, H. N., Raedergard, h. G., & Tilaar, R. V. (2019). Effect of Different Physical Training Forms on Change of Direction Ability: a Systematic Review and Meta-analysis. *Springer Open* .
- GHSG. (2023). *Anamnesis and Physical Examination*. Dipetik July 20, 2023, dari German Hodgkin Study Group: <https://en.ghsg.org/anamnesis>
- Halabachi, F., & Hasabi, M. (2020). Acute ankle sprain in athletes:clinical aspects and algorithmic approach orthopedics. *National Library of Medicine* , 534-558.
- Herawati. (2017). Pemeriksaan fisioterapi surakarta. *Muhammadiyah university press*.
- Hidayanti, N., & Lubis, I. D. (2022). Edukasi Manfaat Tanda Vital Tubuh Manusia pada Kaum Ibu di Kelurahan Sitirejo I Kecamatan Medan Kota Kota Medan. *Jurnal Implementa Husada* .
- Hidayat, A. (2019). Effect of Agility ladder exercise on agility of paarticipants extracurricular futsal at Bina Darma University. *Journal of Physic: Conference Series* .
- Hooghe, P. D., Cruz, F., & Alkhelaifi, K. (2020). Return to Play After a Lateral Ligament Ankle Sprain. *National Library of Medicine* , 281-288.
- innerbody. (2023). *innerbody ankle and foot*. Dipetik July 23, 2023, dari [image.search.yahoo.com: https://www.innerbody.com/anatomy/skeletal/leg-foot/ankle-foot](https://www.innerbody.com/anatomy/skeletal/leg-foot/ankle-foot)
- Irkham, M. (2015). Pengaruh latihan agility ladder exercise dengan metode lateral run drill terhadap peningkatan keterampilan dribbling pada pemain SBB pelangi U17 tahun 2015. *UNNES* .
- Jaury, R. A. (2017, December 19). *Assesment Fisioterapi*. Dipetik Maret 15, 2024, dari SCRIBD: [scribd.com/document/367514486/Assesment-fisioterapi](https://www.scribd.com/document/367514486/Assesment-fisioterapi)
- Joyce M, B., & Hawks, J. H. (2014). Keperawatan Medikal Bedah Manajemen Klinis Untuk Hasil Yang Diharapkan Jilid 1. *Indonesia One Search* .
- Kamal, A. (2016, July 26). *Ankle Sprain* . Dipetik July 25, 2023, dari Slideshare a Scribd company: <https://www.slideshare.net/Abdulla1986/ankle-sprain-64394529>
- Kaminski, T., Hertel, J., & Amendola, N. (2013). National Athletic Trainers' Association National Athletic Trainers' association position statement:

- conservative management and prevention of ankle sprains in athletes. *J Athl Train. PubMed* , 528-545.
- Kemhan. (2017, Maret). *standar pelayanan fisioterapi*. Dipetik Maret 21, 2023, dari Kemhan.go.id: <https://www.kemhan.go.id>
- Kemkes. (2009). *UU 36 Tahun 2009*. Dipetik 2023, dari Kemkes.go.id: <https://infeksimering.kemkes.go.id>
- Kotekhar, V. (2022). *Foot and Ankle Structure and Function*. Dipetik Juni 20, 2023, dari [www.Physio-pedia.com](http://www.Physio-pedia.com): [https://www.physio-pedia.com/Foot\\_and\\_Ankle\\_Structure\\_and\\_Function](https://www.physio-pedia.com/Foot_and_Ankle_Structure_and_Function)
- Kumala, U., Athiyaturrofi, A., Handayani, T. M., & Sudaryanto, W. T. (2022). Penyuluhan fisioterapi mengenai cedera ankle sprain pada atlet voli dikomunitas sonik universitas muhammadiyah surakarta. *Abdimas 45 jurnal pengabdian masyarakat* .
- Lauren, E. K., & Gonzalez, T. A. (2017). gravity Reduction View: A radiographic technique for the Evaluation and Management of Weber B Fibula Fractures. *Pubmed* .
- Lima, V. C., Castano, L. A., & Sampaio, R. A. (2023). Effect of agility ladder training with a cognitive task (dual task) on physical and cognitive functions: a randomized study. *PubMed Central* , doi 10.3389/fpubh.2023.1159343.
- Lowe, r. (2023). *Ankle and Foot*. Dipetik Juni 10, 2023, dari Physiopedia.
- Mckee, J. M., & Hoch, M. C. (2019). The Ankle - Joint Complex : A Kinesiologic Approach to Lateral Ankle Sprains. *Pubmed* .
- Michels, F., Dalmau, M., & Stockman, F. (2021). *Anatomy of the Ankle Ligaments*. Springer Link.
- Monticello. (2023). *Speed Ladder and Foot Speed Drills*. Dipetik July 20, 2023, dari Monticello River Eagles.
- Neves, L. F., & al, e. (2017). The Y Ballance Test - How and Why to Do it? *International Physical Medicine & Rehabilitation Journal* .
- Pearce, C., Tourné, Y., Terrier, R., Toschi, P., & Silbernagel, K. (2016). Rehabilitation after anatomical ankle ligament repair or reconstruction. *Knee Surg Sports Traumatol Arthrosc. PubMed, Google Scholar* , 1130-1139.

- Physiopedia. (2023). *Klasifikasi Internasional tentang Fungsi, Disabilitas dan Kesehatan (ICF)*. Dipetik Desember 08, 2023, dari Physiopedia: [https://www.physio-pedia.com/International\\_Classification\\_of\\_Functioning,\\_Disability\\_and\\_Health\\_\(ICF\)](https://www.physio-pedia.com/International_Classification_of_Functioning,_Disability_and_Health_(ICF))
- Pratama, N. E., Mintarto, E., & Kusnanik, W. N. (2018). The Influence of Ladder Drills And Jump Rope Exercise Towards Speed, Agility, And Power of Limb Muscle. *IOSR Journal of Sports and Physical Education (IOSR-JSPE)* , 22-29.
- Radak, Z. (2018). *The Physiology of Physical Training*. United States Of America: Academic Press.
- Rahmatha, A. (2020). Pengaruh core stability exercise terhadap keseimbangan dinamis pemain basket smpn 1 Lawang. *Journal Universitas Muhammadiyah Surabaya* , 6.
- RISKESDAS. (2018). *Hasil Riskesdas 2018*. Dipetik August 08, 2023, dari KESMAS KEMKES: [kesmas.kemkes.go.id](https://kesmas.kemkes.go.id)
- Robert, S. N., Cheung, C., Raymond, K., & Sum. (2017). Effects of 6-week agilityladder drills during recess intervention on dynamic ballance performance. *Journal of Physical Education and Sport* .
- Roberto, M. (2023). *Agility T-Test*. Dipetik July 20, 2023, dari Physiopedia: [https://www.physio-pedia.com/Agility\\_T-Test](https://www.physio-pedia.com/Agility_T-Test)
- Scott, M. W., & Victoria, S. L. (2023). Acute Ankle Sprain. *National Library of Medicine StatPearls* .
- Scott, W. M., & Victoria, L. S. (2023). Acute Ankle Sprain. *StatPearls* , [www.ncbi.nlm.nih.gov/books/NBK459212/](https://www.ncbi.nlm.nih.gov/books/NBK459212/).
- Shrestha, M. (2023). *Agility*. Dipetik July 23, 2023, dari Physiopedia: <https://physio-pedia.com/Agility>
- Silva, d. B., Kersting, M. N., Oliveira, A. S., & Kersting, U. G. (2018). Effect of wobble board training on movement strategies to maintain equilibrium on unstable surfaces. *National Library of Medicine* , doi: 10.1016/j.humov.2018.02.006.
- Simpson, H. (2023). *Ankle Syndesmosis Injuries*. Dipetik July 19, 2023, dari [www.physio-pedia.com: https://www.physio-pedia.com/Distal\\_Tibiofibular\\_Syndesmosis#cite\\_note-Hermans-1](https://www.physio-pedia.com/Distal_Tibiofibular_Syndesmosis#cite_note-Hermans-1)

- Sussex. (2019). Balance Exercise. *NHS* .
- Swandari, N. (2016). Pelatihan proprioseptif efektif dalam meningkatkan keseimbangan dinamis pada pemain sepak bola dengan functional instability di Ssb Pegok. *Jurnal Fisioterapi* .
- Walker, O. (2023, September 1). *The Y Balance Test*. Dipetik September 20, 2023, dari Science for sport: <https://www.scienceforsport.com/y-balance-test/>
- Wang, D. Y., Jiao, C., & Ying, F. A. (2020). Risk Factors for Osteochondral Lesions and Osteophytes in Chronic Lateral Ankle Instability: A Case Series of 1169 patients. *Pubmed* .
- WHO. (2017). *Health and Well-Being*. Dipetik 2023, dari The global health observatory World health organization: <https://www.who.int/data/gho/data/major-themes/health-and-well-being#:~:text=The%20WHO%20constitution%20states%3A%20%22Health,of%20mental%20disorders%20or%20disabilities.>
- Widiyanto, B., & Pangkahila, A. (2017). ACTIVE ONE LEG STANDING EXERCISE LEBIH EFEKTIF DDARIPADA CONTACTUAL HAND ORIENTATING RESPONSE (CHOR) EXERCISE UNTUK MENINGKATKAN KEMAMPUAN MOBILITAS PASIEN PASCA STROKE. *Sport and Fitness Journal* .
- Wiharja, A., & Nilawati, S. (2017). Terapi Latihan Fisik Sebagai Tatalaksana Cedera Sprain Pergelangan Kaki Berulang: Laporan Kasus. *Jurnal Olahraga Prestasi* .
- Wijayanti, N. P., Fernandes, O. A., Saputro, D. P., & Febry, R. (2021). Ladder Drill Portable: Agility Tools for Sports. *Journal Sport Area* .
- Wilson, J. (2020). A Comprehensive Guide to Sprots Physiology and Injury Management. *Science Direct* .
- Wiradarma, g., Dewi, A. A., & Artini, G. A. (2020). Perbandingan Agiity ladder drill exercise metode lateral run dengan circuit training dalam meningkatkan kelincahan pemain futsal pada tim griya tansa trisna dalung. *Majalah Ilmiah Fisioterapi Indonesia*, .
- Young, W., Dawson, B., & Henry, G. (2015). Agility and Change of direction speed are independent skills: implemantations for training for agility in

invasion sports. . *International Journal Of Sports Science & Coaching* ,  
159-169.

Yusuf, M. P. (2021). Pengaruh Latihan Ladder Drill Terhadap Kelincahan Dan Kecepatan Pemain Futsal Undikma. *Jurnal Ilmiah Mandala Education* 7 .

Zahra, A. S. (2018). Pengaruh Latihan keseimbangan dengan wobble board. *Eprints UMS* .

Zulvikar, J. (2016). Pengaruh latihan core stability statis (plank dan side plank) dan core stability dinamis (side lying hip abduction dan oblique crunch) terhadap keseimbangan. *Journal of physical education, health, and sport* , 96-103.