

DAFTAR PUSTAKA

- Abdullah, B., Samsudin, S., Gasibat, Q., & Nasirudddin, N. J. M. (2023). A reliability study of isometric shoulder internal and external rotation strength in young badminton players using a hand-held dynamometry. *Journal of Physical Education and Sport*, 23(7), 1642–1649. <https://doi.org/10.7752/jpes.2023.07201>
- Adiputra, I. M. S., Trisnadewi, N. W., Oktaviani, N. P. W., & Munthe, S. A. (2021). *Metodologi Penelitian Kesehatan*.
- Agung Sugiarto, I. S. P. A. (2018). Merupakan Salah Satu Aspek Penting Dalam Permainan Bulutangkis. *Cendikia*, 45–58.
- Ahmad, R. G. (2022). Shoulder impingement: various risk factors for supraspinatus tendon tear A case group study. *Medicine (United States)*, 101(3), E28575. <https://doi.org/10.1097/MD.00000000000028575>
- Al Fajar, H., Samodra, Y. touvan juni, Wati, I. dwi puspita, Yosika, G. F., Gandasari, M. F., & Sofyan, D. (2023). Efektivitas Stretching PNF Terhadap Kelenturan. *Jurnal Pendidikan Jasmani, Olahraga Dan Kesehatan Undiksha*, 11(1), 42–48. <https://doi.org/10.23887/jjp.v11i1.58336>
- Allen, G. M. (2018). The diagnosis and management of shoulder pain. *Journal of Ultrasonography*, 18(74), 234–239. <https://doi.org/10.15557/jou.2018.0034>
- Amir, T. L., Kartika, E. D., & Priatna, H. (2021). *Jurnal Ilmiah Fisioterapi (JIF) Volume 4 Nomor 02 Agustus 2021 Hubungan Masa Kerja Terhadap Keluhan Shoulder Pain Pada Fisioterapis Di Kota Bandung Jurnal Ilmiah Fisioterapi (JIF) Volume 4 Nomor 02 Agustus 2021*. 4, 35–40.
- Anderson, B. (2008). *Stretching (Peregangan)*. Deepublish.
- Andriyani, F. D., & Priambadha, A. A. (2017). *Teknik Peregangan Yang Tepat Sebagai Sarana Pemaksimalan Prestasi Olahraga*. 225–231.
- Arofiati, F., & Sakinah, I. (2019). *Stretching untuk Menurunkan Intensitas Nyeri dan Fleksibilitas Sendi pada Penderita Low Back Pain (LBP)*. 0274, 50.
- Bahrudin, M. (2018). Patofisiologi Nyeri (Pain). *Saintika Medika*, 13(1), 7. <https://doi.org/10.22219/sm.v13i1.5449>
- Basiran, B. (2020). Efektivitas Masase dan Terapi Latihan Fleksibilitas Terhadap Pemulihan Rasa Nyeri dan Kelenturan Ekstremitas Bawah Pada Atlet Bulutangkis. *Jurnal Terapan Ilmu Keolahragaan*, 5(2). <https://doi.org/10.17509/jtikor.v5i2.31255>
- Cardenas, D. D., Felix, E. R., Cowan, R., Orell, M. F., & Irwin, R. (2020). Effects of home exercises on shoulder pain and pathology in chronic spinal cord injury: A randomized controlled trial. *American Journal of Physical Medicine and Rehabilitation*, 99(6), 504–513. <https://doi.org/10.1097/PHM.0000000000001362>

- David, B., Pongantung, H., Wowor, D., & Dotulong, F. (2021). Pengaruh Manajemen Bahu Terhadap Shoulder Pain Pada Pasien Sesudah Stroke. *Jurnal Ilmiah Perawat Manado (Juiperdo)*, 8(02), 65–77. <https://doi.org/10.47718/jpd.v8i02.1153>
- Efendi, C. K., & Rochmania, A. (2019). CIDERA OLAHRAGA PADA CABANG OLAHRAGA BULUTANGKIS (Studi pada Klub Bulutangkis FIFA BC Sidoarjo). *Jurnal Prestasi Olahraga*, 082, 139–147.
- Gibson, J. (2003). *Fisiologi & Anatomi Modern Untuk Perawat* (M. Ester (ed.)). Deepublish.
- Giriwijoyo, S. (2017). *Fisiologi kerja Dan Olahraga*. Depublish.
- Harsono. (2015). *No Title* (A. Kamsyah (ed.)).
- Hodgetts, C. J., Leboeuf-Yde, C., Beynon, A., & Walker, B. F. (2021). Shoulder pain prevalence by age and within occupational groups: a systematic review. *Archives of Physiotherapy*, 11(1), 1–13. <https://doi.org/10.1186/s40945-021-00119-w>
- Jefri, Candrawati, E., & Adi w., R. C. (2018). Analisis Faktor Risiko Sport Injury pada Atlet Bulutangkis. *Nursing News*, 3(1), 175–185.
- Kardiyanto, W. D. (2019). *Sejarah Olahraga*. Deepublish.
- Kasih, N. S., & Hamdani, I. (2023). Perbandingan Efektivitas Penilaian Skala Nyeri berdasarkan Visual Analog Scale (VAS), Verbal Rating Scale (VRS), dan Numeric Rating Scale (NRS) pada Pasien Pasca Operasi Sectio Caesarea (SC) di RSUD Muhammadiyah Medan. *Jurnal Implementa Husada*, 4(4), 272–282. <https://jurnal.umsu.ac.id/index.php/JIH/article/view/16741>
- Luque-Suarez, A., Rondon-Ramos, A., Fernandez-Sanchez, M., Roach, K. E., & Morales-Asencio, J. M. (2016). Spanish version of SPADI (shoulder pain and disability index) in musculoskeletal shoulder pain: A new 10-items version after confirmatory factor analysis. *Health and Quality of Life Outcomes*, 14(1), 1–9. <https://doi.org/10.1186/s12955-016-0436-4>
- McHugh, M. P., & Cosgrave, C. H. (2010). To stretch or not to stretch: The role of stretching in injury prevention and performance. *Scandinavian Journal of Medicine and Science in Sports*, 20(2), 169–181. <https://doi.org/10.1111/j.1600-0838.2009.01058.x>
- Mulyani, F., Salam, A. Y., & Yunita, R. (2018). Pengaruh Stretching Terhadap Penurunan Keluhan Nyeri Otot Bahu (Myalgia) Pada Pekerja Di Pt . Coats. 602–611.
- Nandar, S. (2019). Nyeri Secara Umum (General Pain). *Kesehatan Masyarakat*, July, 1–53. <https://doi.org/10.1016/j.jaut.2019.102400>.
- Nofrizal, D. (2019). Kontribusi Daya Ledak Otot Lengan Dan Kelentukan Terhadap Ketepatan Smash Dalam Cabang Olahraga Bulutangkis Anggota Klub Stkip Meranti Kabupaten Kepulauan Meranti. *Curricula : Journal of Teaching and Learning*, 4(2), 69.

<https://doi.org/10.22216/jcc.2019.v4i2.1124>

- Pardiwala, D. N., Subbiah, K., Rao, N., & Modi, R. (2020). Badminton Injuries in Elite Athletes: A Review of Epidemiology and Biomechanics. *Indian Journal of Orthopaedics*, 54(3), 237–245. <https://doi.org/10.1007/s43465-020-00054-1>
- Patil, D. D., Metha, D. A., Raghani, D. P., & Prakash, D. A. (2022). Prevalence of Shoulder Pain Among Recreational Badminton Players in. *International Journal of Creative Research Thoughts*, 10(1), 60–70.
- Polie, Y. J., Sengkey, L. S., & Marpaung, E. (2020). Pengaruh Kinesio Taping Terhadap Nyeri dan Kemampuan Fungsional Pada Hemiplegic Shoulder Pain Pasca Stroke. *E-Conversion - skripsi for a Cluster of Excellence*, 2(1), 1–6.
- Power, -Korelasi, Tungkai, O., Lengan, K. O., & Mata-Tangan, K. (2020). 47 *Tegar Digantara, et al.* 10(2019).
- Purwantini, D., Mariana, F. N., & Ruslani, A. P. K. (2021). Efektifitas Latihan Stretching Terhadap Penurunan Nyeri Akibat Musculoskeletal Disorder (MSDs) Di Tempat Kerja. *Jurnal Keperawatan Muhammadiyah*, 6(2), 147–150. <https://doi.org/10.30651/jkm.v6i2.7854>
- Reguero, J. L. A., Smuka, I., Mayorga-Vega, D., & Merino-Marban, R. (2023). Knowledge and practice of stretching by university students. *Journal of Physical Education and Sport*, 23(9), 2329–2335. <https://doi.org/10.7752/jpes.2023.09268>
- Rezki, R., Jatra, R., Sari, M., Haqqi, M., & Muafa, F. F. (2022). Pentingnya Aktifitas Pemanasan Dan Pendinginan Dalam Berolahraga Pada Guru Olahraga Dayaan. *Wahana Dedikasi : Jurnal PkM Ilmu Kependidikan*, 5(1), 87. <https://doi.org/10.31851/dedikasi.v5i1.7084>
- Rohmah, A. F., & Purnomo, M. (2022). Analisis Kondisi Fisik Dan Teknik Dasar Atlet Bulu Tangkis Kategori Putra Di Kota Surabaya. *Jurnal Prestasi Olahraga*, 5(3), 21–28.
- Safei, I., Sunaryo, H., Sastradimadja, B., & Moeliono, M. A. (2019). Penerbit : Fakultas Kedokteran Universitas Muslim Indonesia Shoulder Hand Syndrome. *UMI Medical Journal : Jurnal Kedokteran*, 4(1), 154–170.
- Setiajaya, F. . J. (2022). Prevalensi nyeri bahu pada peserta klub kebugaran. *Intisari Sains Medis*, 13(1), 323–326. <https://doi.org/10.15562/ism.v13i1.1226>
- Soemardiawan, S., Yundarwati, S., & Anggraini, F. (2022). Pelatihan Atlet Bulu Tangkis Koni Kota Mataram. *Sasambo: Jurnal Abdimas (Journal of Community Service)*, 4(3), 489–496. <https://doi.org/10.36312/sasambo.v4i3.830>
- Suharti, A., Sunandi, R., & Abdullah3, F. (2018). Penatalaksanaan Fisioterapi pada Frozen Shoulder Sinistra Terkait Hiperintensitas Labrum Posterior Superior di Rumah Sakit Pusat Angkatan Darat Gatot Soebroto. *Jurnal*

Vokasi Indonesia, 6(1). <https://doi.org/10.7454/jvi.v6i1.116>

- Susilo, A. P., & Sukmono, R. B. (2022). Learning Pain Management During Clinical Medical Education: a Case Report. *Jurnal Pendidikan Kedokteran Indonesia: The Indonesian Journal of Medical Education*, 11(2), 186. <https://doi.org/10.22146/jpki.62757>
- Syapitri, H., Amila, & Aritonang, J. (2021). *Buku Ajar Metodologo Penelitian Kesehatan* (A. H. Nadana (ed.); cetakan pe). Ahlimedia Press (Anggota IKAPI: 264/JTI/2020).
- Wang, S., Zeng, J., Chapple, C. M., Mani, R., & Ribeiro, D. C. (2023). Initial effect of high-volume mobilisation with movement on shoulder range of motion and pain in patients with rotator cuff-related shoulder pain: Protocol for a randomised controlled trial (Evolution Trial). *BMJ Open*, 13(8), 1–12. <https://doi.org/10.1136/bmjopen-2022-069919>
- Yam, J. H., & Taufik, R. (2021). Hipotesis Penelitian Kuantitatif. *Perspektif: Jurnal Ilmu Administrasi*, 3(2), 96–102. <https://doi.org/10.33592/perspektif.v3i2.1540>
- Zhou, X., Imai, K., Chen, Z., Liu, X., Watanabe, E., & Zeng, H. (2023). The Characteristics of Badminton-Related Pain in Pre-Adolescent and Adolescent Badminton Players. *Children*, 10(9), 1–11. <https://doi.org/10.3390/children10091501>
- Zhou, X., Imai, K., Liu, X. X., & Watanabe, E. (2021). Epidemiology and pain in elementary school-aged players: a survey of Japanese badminton players participating in the national tournament. *Scientific Reports*, 11(1), 1–10. <https://doi.org/10.1038/s41598-021-85937-5>