

DAFTAR PUSTAKA

- Brown, L. E., & Weir, J. P. 2001. Accurate Assessment of Muscular Strength and Power JEPonline Journal of Exercise Physiologyonline ASEP Procedures Recommendation ASEP PROCEDURES RECOMMENDATION I: ACCURATE ASSESSMENT OF MUSCULAR STRENGTH AND POWER. *An International Electronic Journal*, 4(3), 1–21.
- Chang, H.-Y. et al. 2010. Immediate Effect of Forearm Kinesio Taping on Maximal Grip Strength and Force Sense in Healthy Collegiate Athletes. *Physical Therapy in Sport*, 11, pp.122–127.
- De Jesus, J. F., de Almeida Novello, A., Nakaoka, G. B., dos Reis, A. C., Fukuda, T. Y., & Bryk, F. F. 2015. Kinesio taping effect on quadriceps strength and lower limb function of healthy individuals: A blinded, controlled, randomized, clinical trial. *Physical Therapy in Sport*, (January 2016).
- Drake, R. L., Vogli, W., & Mitchell, A. W. M. 2007. *Gray's Anatomy for Students*. 12th Ed. Elsevier Ltd. 134-191
- Ekiz, T. 2015. Effects of Kinesio Tape application to quadriceps muscles on isokinetic muscle strength, gait, and functional parameters in patients with stroke, 52(3), 323–332.
- Fu, T.-C. et al. 2008. Effect Kinesio Taping on Muscle Strength in Athletes. *Journal of Science and Medicine in Sport*, 11, pp.198–201.
- Fu, W. 2014. Acute Effects Of Forearm Kinesio Taping On Muscle Strngth And Fatigue In Healthy Tennis Players. Weijie Fu , Shen Zhang , Yu Liu Key Laboratory of Exercise and Health Sciences of Ministry of Education , Shanghai University of Sport , Shanghai , China, 3–6.
- Guyton, A.C. and Hall, J. C. 2007. *Buku Ajar Fifiologi Kedokteran*. Edisi 9. Jakarta: EGC. 75-81
- Haff, G. G., & Dumke, C. 2012. *Laboratory Manual for Exercise Physiology*. Human Kinetics.
- Hancock, D. (n.d.). *Scientific Explanation of Kinesio® tex tape*.
- Herzog, W. 1996. Muscle Function in Movement and Sports. *American Journal Sports Medicine*, 24(6).
- Hoffman, J. 2006. *Norms for Fitness, Performance, and Health* (illustrate). Human Kinetics.
- Hofmekler, O. 2010. *Maximum Muscle, Minimum Fat: The Secret Science Behind Physical Transformation*. North Atlantic Books.

- Huang, C. Y., Hsieh, T. H., Lu, S. C., & Su, F. C. (2011). Effect of the Kinesio tape to muscle activity and vertical jump performance in healthy inactive people. *Biomed Eng Online*, 10(1).
- Kase K, Wallis J, and Kase T. 2003. Clinical Therapeutic Applications of The Kinesio Taping Method. *Tokyo, Japan: Ken I Kai Co Ltd*, 12, 32.
- Kim, D.-Y., & Seo, B.-D. 2012. Immediate Effect of Quadriceps Kinesio Taping on the Anaerobic Muscle Power and Anaerobic Threshold of Healthy College Students. *Journal of Physical Therapy Science*, 24(9), 919–923.
- Kinesio Taping Association International- KTAI. 2005. *Kinesio® Taping Muscle in the Middle and Deep Layer* (Second Eng).
- Kisner, C., & Colby, L. A. 2012. *Therapeutic Exercise: Foundtion and Techniques*. F.A Davis.
- Komi, P. (Ed.). 2008. *The Encyclopaedia of Sport Medicine: An IOC Medical Comission Publication, Strength and Power in Sport*. John Willey&Sons. 6-7
- Kubo, K. et al. 2008. Changes in oxygen consumption of human muscle and tendon following repeat muscle contractions. *European journal of applied physiology*, 104(5), pp.859–66.
- Lee, J.-H., Yoo, W.-G. & Lee, K.-S., 2010. Effects of Head-neck Rotation and Kinesio Taping of the Flexor Muscles on Dominant-hand Grip Strength. *Journal Physiology of Theraphy Science*, 22, pp.285–289.
- Lemos, T. V., Pereira, K.C. & Celedonio, C.P. 2015. The Effects of Kinesio Taping in Handgrip Strength. *Journal of Physical Therapy Science*, 27(3), pp.567–570.
- Lesmana, S. I. 2012. *Perbedaan Pengaruh Metode Latihan Beban terhadap Kekuatan dan Daya Tahan Otot Biceps Brachialis Ditinjau dari Perbedaan Gender (Studi Komparasi Pemberian Latihan Beban Metode Delorma dan Metode Oxford pada Mahasiswa Fakultas Ilmu Kesehatan dan Fisioterapi*. Jakarta.
- Lumbroso, D. et al. 2014. The effect of kinesio tape application on hamstring and gastrocnemius muscles in healthy young adults. *Journal of Bodywork and Movement Therapies*, 18(1), pp.130–138.
- McArdle, W. D., Katch, F. I., & Katch, V. L. 2010. *Exercise Physiology*. Lippincott Wiliams & Wilkins.
- Murray, H. M. 2000. Effects of Kinesio Taping on muscle strength after ACL-repair. *Journal of Orthopedic and Sports Physical Therapy*, 30(1), 2–3.

- Paoloni, M., Bernetti, A., Fratocchi, G., Mangone, M., Parrinello, L., Cooper, M. D. P., Santilli, V. 2011. Kinesio Taping applied to lumbar muscles influences clinical and electromyographic characteristics in chronic low back pain patients. *European Journal of Physical and Rehabilitation Medicine*, 47(2), 237–244.
- Pitman, M. 1989. Biomechanics of skeletal muscle. *Biomechanics of the Musculoskeletal*, 45–68.
- Schneider, M., Rhea, M., & Bay, C. 2010. The Effect of Kinesio Tex Tape on Muscular Strength Forearm Extensor on Collegiate Tennis Athletes.
- Sobotta, J. 2000. *Atlas Anatomi Tubuh Manusia*. R. Putz & R. Pabst, Eds. 20th Ed. Jakarta: EGC. 246-369
- Supranto, 2000. *Teknik Sampling Untuk Survei dan Eksperimen*, Rineka Cipta.
- Vithoulka, I. et al. 2010. The Effects of Kinesio Taping on Quadriceps Strength During Isokinetic Exercise in Healthy Non-Athlete Women.
- Wibowo, D. S., & Paryana, W. 2009. *Anatomi Tubuh Manusia*. Elsevier (Singapore) Pte Ltd. 119-177
- Wood, R. 2008. 1-RM Tests (Repetition maximum tests). Retrieved October 4, 2016, from <http://www.topendsports.com/testing/tests/1rm.htm>
- Wood, R. 2008. Isometric Leg Strength Test. Retrieved October 4, 2016, from <http://www.topendsports.com/testing/tests/isometric-strength.htm>
- Wood, R. 2008. Leg Extension Strength Test. Retrieved October 4, 2016, from <http://www.topendsports.com/testing/tests/leg-isometric-extension.htm>
- Yeung, S.S. et al. 2014. Acute Effects of Kinesio Taping on Knee Extensor Peak Torque and Electromyographic Activity After Exhaustive Isometric Knee Extension in Healthy Young Adults. *Clin J Sport Med*.
- Yoshida, A., & Kahanov, L. 2007. The Effect of Kinesio Taping on Lower Trunk Range of Motion. *Research in Sport Medicine*, 15, 103–112.
- Zatsiorsky, V. M., & Prilutsky, B. I. 2012. *Biomechanics of Skeletal Muscle*. *Human Kinetics*.