

DAFTAR PUSTAKA

- Abe, S. *et al.* (2020) 'Immediate effect of masticatory muscle activity with transcutaneous electrical nerve stimulation in muscle pain of temporomandibular disorders patients', *Journal of Clinical Medicine*, 9(10), pp. 1–13. Available at: <https://doi.org/10.3390/jcm9103330>.
- Aboelnour, N.H. *et al.* (2023) 'Combined effect of graded Thera-Band and scapular stabilization exercises on shoulder adhesive capsulitis post-mastectomy', *Supportive Care in Cancer*, 31(4). Available at: <https://doi.org/10.1007/s00520-023-07641-6>.
- Achmad, A. *et al.* (2020) 'Mckenzie Neck Exercise and Forward Head Posture Exercise Can Reduce Mechanical Neck Pain in Smartphone Users', *Sport and Fitness Journal*, 8(2), pp. 63–68.
- Aco, A., Sulfandi and Dwi Cahya, W. (2022) 'Pengaruh Core Stability Exercise Terhadap Perubahan Nyeri Dan Functional Activity Daily Living Pada Pasien Hernia Nucleus Pulposus Lumbalis Di Rs. Haji Darjad Samarinda', *Jurnal Physio Research Center*, 2(1), p. 8.
- Agarwal, V., Bansal, A. and Kolski, M. (2024) 'Resolution of Noncardiac Chest Pain With Corrective Exercises for Neck and Upper Thoracic Spine', *Annals of Internal Medicine Clinical Cases*, 3(4), pp. 3–7. Available at: <https://doi.org/10.7326/aimcc.2023.0804>.
- Ahn, Y. and Jun, Y. (2007) 'Measurement of pain-like response to various NICU stimulants for high-risk infants', *Early Human Development*, 83(4), pp. 255–262. Available at: <https://doi.org/10.1016/j.earlhumdev.2006.05.022>.

Arifin, M.A.B. *et al.* (2023) 'Pengaruh Myofascial Release Dan Ultrasound Terhadap Penurunan Nyeri Myofascial Syndrome Upper Trapezius Pada Pasien Rumah Sakit Semen Gresik', *Jurnal Keperawatan Muhammadiyah*, 8(1). Available at: <https://doi.org/10.30651/jkm.v8i1.16205>.

Azboy, Y., Kaya Mutlu, E. and Taşkıran, H. (2022) 'Comparison of the Efficiency of Home Exercise Programs Delivered in Different Ways for Neck Pain Due to Cervical Disc Hernia', *Archives of Health Science and Research*, 9(2), pp. 98–104. Available at: <https://doi.org/10.54614/ArcHealthSciRes.2022.21053>.

Baumann, A.N. *et al.* (2023) 'The McKenzie Method Is an Effective Rehabilitation Paradigm for Treating Adults With Moderate-to-Severe Neck Pain: A Systematic Review With Meta-Analysis', *Cureus*, 15(5). Available at: <https://doi.org/10.7759/cureus.39218>.

Camargo, P.R. *et al.* (2009) 'Effects of strengthening and stretching exercises applied during working hours on pain and physical impairment in workers with subacromial impingement syndrome', *Physiotherapy Theory and Practice*, 25(7), pp. 463–475. Available at: <https://doi.org/10.3109/09593980802662145>.

Chaiyawijit, S. and Kanlayanaphotporn, R. (2024) 'McKenzie neck exercise versus cranio-cervical flexion exercise on strength and endurance of deep neck flexor muscles, pain, disability, and craniovertebral angle in individuals with chronic neck pain: a randomized clinical trial', *Journal of Manual and Manipulative Therapy*, 32(6), pp. 573–583. Available at:

<https://doi.org/10.1080/10669817.2024.2337979>.

Chen, Y. *et al.* (2024) 'Effects of scapular treatment on chronic neck pain: a systematic review and meta-analysis of randomized controlled trials', *BMC Musculoskeletal Disorders*, 25(1), pp. 1–10. Available at: <https://doi.org/10.1186/s12891-024-07220-8>.

Cohen, I. and Jouve, C. (2008) 'Cervical Radiculopathy', *Essentials of Physical Medicine and Rehabilitation*, (January 2010), pp. 17–22. Available at: <https://doi.org/10.1016/B978-1-4160-4007-1.50006-7>.

Fairbanks CT *et al.* (1980) 'The Oswestry Neck Pain Disability Ouestionnaire', *Physio Ther*, 66, pp. 271–273.

Festiawan, R. (2021) 'Terapi Dan Rehabilitasi Cedera Olahraga', *Universitas Jendral Soedirman*, (January), pp. 1–27. Available at: <https://doi.org/10.31219/osf.io/gzcr3>.

Frost, B.A., Camarero-Espinosa, S. and Johan Foster, E. (2019) 'Materials for the spine: Anatomy, problems, and solutions', *Materials*, 12(2), pp. 1–41. Available at: <https://doi.org/10.3390/ma12020253>.

Geoghegan, C.E. *et al.* (2023) 'Validation of Neck Disability Index Severity among Patients Receiving One or Two-Level Anterior Cervical Surgery', *Asian Spine Journal*, 17(1), pp. 86–95. Available at: <https://doi.org/10.31616/asj.2021.0414>.

Kazeminasab, S. *et al.* (2022) 'Neck pain: global epidemiology, trends and risk factors', *BMC Musculoskeletal Disorders*, 23(1), pp. 1–13. Available at: <https://doi.org/10.1186/s12891-021-04957-4>.

- Kim, T.H. and Lim, J.Y. (2016) 'The effects of wall slide and sling slide exercises on scapular alignment and pain in subjects with scapular downward rotation', *Journal of Physical Therapy Science*, 28(9), pp. 2666–2669. Available at: <https://doi.org/10.1589/jpts.28.2666>.
- Kumar, N. (2024) 'Nishant Kumar.pdf', *Journal of Orthopaedics Trauma Surgery and Related Research* [Preprint]. Available at: <https://www.jotsrr.org/articles/understanding-cervical-disc-herniation-causes-symptoms-and-treatment-12890.html>.
- Lee, J.H. *et al.* (2017) 'Effectiveness of an application-based neck exercise as a pain management tool for office workers with chronic neck pain and functional disability: A pilot randomized trial', *European Journal of Integrative Medicine*, 12, pp. 87–92. Available at: <https://doi.org/10.1016/j.eujim.2017.04.012>.
- Lee, S.H. *et al.* (2020) 'Effectiveness of ultrasound-guided pulsed radiofrequency treatment in patients with refractory chronic cervical radicular pain', *Pain Physician*, 23(3), pp. E265–E271. Available at: <https://doi.org/10.36076/ppj.2020/23/e265>.
- Lestari, A.W. (2021) 'Penatalaksanaan Fisioterapi Dengan Modalitas Ultrasound (US), Trans Cutaneous Electrical Nerve Stimulation (TENS) dan Terapi Latihan Pasa Kasus Plantar Fasciitis Sinistra Di RSUD Ibnu Sina Kabupaten Gresik', p. 25.
- Lestari, H. *et al.* (2016) 'Pengukuran Jangkauan Gerak Pada Lutut Orang Indonesia Sebagai Data Awal Perancangan Kaki Tiruan Atas Lutut',

Prosiding SNST, pp. 64–69.

Liza Berlina and Ichwanuddin Ichwanuddin (2024) ‘Hernia Nukleus Pulposus’, *Termometer: Jurnal Ilmiah Ilmu Kesehatan dan Kedokteran*, 2(3), pp. 175–197. Available at: <https://doi.org/10.55606/termometer.v2i3.4119>.

Martimbianco, A.L.C. *et al.* (2019) ‘Transcutaneous electrical nerve stimulation (TENS) for chronic neck pain’, *Cochrane Database of Systematic Reviews*, 2019(12). Available at: <https://doi.org/10.1002/14651858.CD011927.pub2>.

Metin Okmen, B., Okmen, K. and Altan, L. (2018) ‘Investigation of the effectiveness of therapeutic ultrasound with high-resolution ultrasonographic cross-sectional area measurement of cervical nerve roots in patients with chronic cervical radiculopathy: a prospective, controlled, single-blind study’, *Journal of Medical Ultrasonics*, 45(3), pp. 479–486. Available at: <https://doi.org/10.1007/s10396-017-0855-9>.

Milena, S. and Rahman, I. (2021) ‘Penatalaksanaan Fisioterapi Pada Kasus Osteoarthritis genu Bilateral Menggunakan Modalitas Tens, SWD dengan Terapi Latihan’, *Jurnal Stikes Sitiuhajar*, 3, pp. 125–131.

Mutiara, S. *et al.* (2023) ‘UPAYA EDUKASI SEDINI MUNGKIN TENTANG SARAF TERJEPIT (HNP) PADA SISWA SMPN 11 PEKANBARU’, *Journal of Sustainable Community Service*, 4 (1), pp. 83–87.

Nadeak, B. (2019) ‘Penegakan Diagnosis Dan Penanggulangan Cervicalys Herniated Nucleus Pulposus’, *Pro-Life*, 6(2), pp. 191–202. Available at: <https://doi.org/10.33541/pro-life.v6i2.1025>.

- Nair, S.P., Panchabhai, C.S. and Panhale, V. (2022) 'Chronic neck pain and respiratory dysfunction: a review paper', *Bulletin of Faculty of Physical Therapy*, 27(1). Available at: <https://doi.org/10.1186/s43161-022-00078-8>.
- Nidaa Azmii Susdiningtyas *et al.* (2019) 'Perbedaan Informasi Anatomi Citra Mri Cervical Pada Kasus Hernia Nucleus Pulpopus (Hnp) Dengan Sekuen T2W Fast Spin Echo (Fse) Antara Penggunaan Flow Compensation Dan Tanpa Flow Compensation', *JRI (Jurnal Radiografer Indonesia)*, 2(2), pp. 94–99. Available at: <https://doi.org/10.55451/jri.v2i2.41>.
- Nurhidayanti, O., Hartati, E. and Handayani, P.A. (2021) 'Pengaruh Mckenzie Cervical Exercise terhadap Nyeri Leher Pekerja Home Industry Tahu', *Holistic Nursing and Health Science*, 4(1), pp. 34–43. Available at: <https://doi.org/10.14710/hnhs.4.1.2021.34-43>.
- Özdemir, F. *et al.* (2021) 'Effects of scapular stabilization exercises in patients of chronic neck pain with scapular dyskinesis: A quasi-experimental study', *Turkish Journal of Physical Medicine and Rehabilitation*, 67(1), pp. 77–83. Available at: <https://doi.org/10.5606/TFTRD.2021.6775>.
- Pasaribu, R.S., Rahmadhani, A. and Puspitawati, R. (2023) 'Kolumna Vertebral sebagai Parameter Estimasi Usia dan Determinasi Jenis Kelamin Vertebral Column as the Parameter of Age Estimation and Sex Determination', *Medical Scope Journal*, 5(2), pp. 294–304.
- Permenkes (2015) 'Peraturan Menteri Kesehatan Nomor 65 Tahun 2015'.
- Pinzon, R.T. (2016) *Manajemen Nyeri, Buku pengkajian nyeri*.
- Prakash, N., Harikesavan, K. and Cleland, J. (2024) 'Effects of Scapular

- Interventions on Pain and Disability in Subjects with Neck Pain: A Systematic Review and Meta-analysis of Randomized Controlled Trials', *Spine Surgery and Related Research*, 8(1), pp. 1–9. Available at: <https://doi.org/10.22603/ssrr.2022-0237>.
- Putro, D.L.S. and Sudaryanto, W.T. (2024) 'Effect of Manual Therapy in Reducing Neck Pain in Patients with Hernia Nucleus Polposus Cervicalis', *Indonesian Journal of Medicine*, 9(1), pp. 98–104. Available at: <https://doi.org/10.26911/theijmed.2024.9.1.730>.
- Qing, W. *et al.* (2021) 'Effect of Therapeutic Ultrasound for Neck Pain: A Systematic Review and Meta-Analysis', *Archives of Physical Medicine and Rehabilitation*, 102(11), pp. 2219–2230. Available at: <https://doi.org/10.1016/j.apmr.2021.02.009>.
- Ravichandran, H. *et al.* (2020) 'Effect of scapular stabilization exercise program in patients with subacromial impingement syndrome: A systematic review', *Journal of Exercise Rehabilitation*, 16(3), pp. 216–226. Available at: <https://doi.org/10.12965/jer.2040256.128>.
- Rusmayanti, M.Y. and Kurniawan, S.N. (2023) 'Hnp Lumbalis', *JPHV (Journal of Pain, Vertigo and Headache)*, 4(1), pp. 7–11. Available at: <https://doi.org/10.21776/ub.jphv.2023.004.01.2>.
- Seo, Y.G. *et al.* (2020) 'Is scapular stabilization exercise effective for managing nonspecific chronic neck pain?: A systematic review', *Asian Spine Journal*, 14(1), pp. 122–129. Available at: <https://doi.org/10.31616/ASJ.2019.0055>.

- Sharrak S, & Al Khalili Y. (2023). Cervical Disc Herniation. StatPearls [Internet]. Treasure Island (FL): StatPearls.
- Supit, M.F. and Dini Nur Alpiah (2023) 'Efektivitas Intervensi Berbasis Virtual Reality Terhadap Fungsional Lengan Pada Luka Bakar: Literature Review', *Binawan Student Journal*, 5(1), pp. 47–59. Available at: <https://doi.org/10.54771/bsj.v5i1.870>.
- Umami, Z. (2021) 'Penatalaksanaan fisioterapi dengan modalitas short wave diathermy (swd), transcutaneous electrical nerve stimulation (tens) dan mc.kenzie exercise pada kasus low back pain et causa ischialgia ', *Universitas Muhammadiyah Gresik*, pp. 5–35.
- Wu, S.K. *et al.* (2022) 'Outcomes of active cervical therapeutic exercise on dynamic intervertebral foramen changes in neck pain patients with disc herniation', *BMC Musculoskeletal Disorders*, 23(1), pp. 1–11. Available at: <https://doi.org/10.1186/s12891-022-05670-6>.
- Yilmaz, M., Tarakci, D. and Tarakci, E. (2020) 'Comparison of high-intensity laser therapy and combination of ultrasound treatment and transcutaneous nerve stimulation on cervical pain associated with cervical disc herniation: A randomized trial', *Complementary Therapies in Medicine*, 49(December 2019), p. 102295. Available at: <https://doi.org/10.1016/j.ctim.2019.102295>.
- Yoon, J.W. *et al.* (2019) 'Idiopathic localizing signs and atypical symptoms of cervical disk pathology: A case report', *Journal of Clinical Neuroscience*, 61, pp. 293–295. Available at: <https://doi.org/10.1016/j.jocn.2018.10.143>.

Zahra, N.L. and Ramadhani, F. (2024) 'Effectiveness of Physical Activity Combined with Medical Rehabilitation in Cervical HNP Patient Post Radiofrequency Ablation (RFA) Procedure: A Case Report', *The International Journal of Medical Science and Health Research*, 1(1), pp. 74–88. Available at: <https://doi.org/10.70070/29amx963>.

