

## DAFTAR PUSTAKA

- Adamczyk, J. G., Białoszewski, D., Boguszewski, D., Oko, B., & Szkoda, S. (2015). Influence of Physical Activity on Reduction of Delayed Onset Muscle Soreness. *Central European Journal of Sport Sciences and Medicine*, 12, 83–90. <https://doi.org/10.18276/cej.2015.4-09>
- Arovah, N. I. (2010). Dasar-Dasar Fisioterapi pada Cedera Olahraga. In *Fisioterapi*.
- Ascensão, A., Leite, M., Rebelo, A. N., Magalhães, S., & Magalhães, J. (2011). Effects of cold water immersion on the recovery of physical performance and muscle damage following a one-off soccer match. *Journal of Sports Sciences*, 29(3), 217–225. <https://doi.org/10.1080/02640414.2010.526132>
- Cahyadi, Wahyu, M., Tianing, Wayan, N., Dinata, & Krisna, i made. (2018). PERBEDAAN PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF) STRETCHING DAN ICE MASSAGE. *Majalah Ilmiah Fisioterapi Indonesia*, 39–42.
- Cheung, K., Hume, P. A., & Maxwell, L. (2003). Delayed onset muscle soreness: Treatment strategies and performance factors. *Sports Medicine*, 33(2), 145–164. <https://doi.org/10.2165/00007256-200333020-00005>
- Corwin, E. J. (2009). *Osteoarthritis dalam Buku Saku Patofisiolog* (3rd ed.).
- dkk Yudiyanta. (2015). Assessment Nyeri. *Departement Neurologi, Fakultas Kedokteran Universitas Gadjah Mada, Yogyakarta, Indonesia*, 42(3), 214–234. [https://www.academia.edu/35001080/19\\_226Teknik-Assessment\\_Nyeri.pdf](https://www.academia.edu/35001080/19_226Teknik-Assessment_Nyeri.pdf)
- Fedorko, B. F., Goss, F. L., Nagle, E. F., Robertson, R. J., & Salesi, K. A. (2014). The Effects of Continuous Compression as a Therapeutic Intervention on Delayed Onset Muscle Soreness. *Medicine & Science in Sports & Exercise*, 46, 198. <https://doi.org/10.1249/01.mss.0000493775.03778.0a>
- Guyton, arthur C., & Hall, john E. (1997). *Buku Ajar Fisiologi Kedokteran* (22nd ed.).
- Higgins, T. R., Greene, D. A., & Baker, M. K. (2017). Effects of cold water immersion and contrast water therapy for recovery from team sport: A systematic review and meta-analysis. *Journal of Strength and Conditioning Research*, 31(5), 1443–1460. <https://doi.org/10.1519/JSC.0000000000001559>
- Irfan, M., & Natalia. (2018). *Beda Pengaruh Auto Stretching Dengan Contrx Rilex Stretching Terhadap Penambahan Panjang Otot Hamtring*. 8 no. 1.

- Jones, D. A., Newham, D. J., & Torgan, C. (1989). Mechanical influences on long-lasting human muscle fatigue and delayed-onset pain. *The Journal of Physiology*, 412(1), 415–427. <https://doi.org/10.1113/jphysiol.1989.sp017624>
- Jumain, Kandupi, ardiansyah D., & Sardiman. (2020). PENGARUH SPORT MASSAGE TERHADAP PENURUNAN ASAM LAKTAT. *TADULAKO JOURNAL SPORT SCIENCES AND PHYSICAL EDUCATION*, 136.
- Lateef, F. (2010). Post exercise ice water immersion: Is it a form of active recovery. *Journal of Emergencies, Trauma and Shock*, 3(3), 302. <https://doi.org/10.4103/0974-2700.66570>
- Li, L., Liu, X., & Herr, K. (2007). Postoperative pain intensity assessment: A comparison of four scales in Chinese adults. *Pain Medicine*, 8(3), 223–234. <https://doi.org/10.1111/j.1526-4637.2007.00296.x>
- Márquez-Rocha, F. J., Hernández-Rodríguez, V., & Lamela, M. T. (2001). Biodegradation of diesel oil in soil by a microbial consortium. *Water, Air, and Soil Pollution*, 128(3–4), 313–320. <https://doi.org/10.1023/A:1010392821353>
- Peiffer, J. J., Abbiss, C. R., Watson, G., Nosaka, K., & Laursen, P. B. (2010). Effect of cold water immersion on repeated 1-km cycling performance in the heat. *Journal of Science and Medicine in Sport*, 13(1), 112–116. <https://doi.org/10.1016/j.jsams.2008.08.003>
- Prihantoro, Y., & Ambardini, R. L. (2019). Prevalensi, Karakteristik, Dan Penanganan Delayed Onset Muscle Soreness (Doms). *Medikora*, 17(2), 126–135. <https://doi.org/10.21831/medikora.v17i2.29184>
- Proske, U., & Morgan, D. L. (2001). Muscle damage from eccentric exercise: Mechanism, mechanical signs, adaptation and clinical applications. *Journal of Physiology*, 537(2), 333–345. <https://doi.org/10.1111/j.1469-7793.2001.00333.x>
- Rifan, M. (2016). Efek Cryotherapy (Water Immersion) Terhadap Pemulihan Kelelahan Atlet Sepakbola. *Efek Cryotherapy Terhadap Pemulihan*, 001, 1–10.
- Santoso, S. (2014). *Panduan Lengkap SPSS versi 20 edisi revisi - Google Scholar*. PT Elex Media Komputindo.
- Sari, S. (2016). Mengatasi DOMS setelah Olahraga. *Journal Research of Physical Education*, Vol 7 No 1, 97–107.
- Saryono. (2011). *Biokimia Otot* (1st ed.).
- Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. cv alfabeta.
- Tamsuri, A. (2012). *Konsep Penatalaksanaan Nyeri* (1st ed.).

- Tjahya, A., & Riyandi, mardana I. kadek. (2017). SMF/BAGIAN ANESTESIOLOGI DAN TERAPI INTENSIF. *Penilaian Nyeri*, 6.
- Veqar, Z. (2013). Causes and Management of Delayed Onset Muscle Soreness : A Review. *Elixir Human Physio.*, 55, 13205–13211. [www.elixirpublishers.com](http://www.elixirpublishers.com)
- Wiaro, G. (2013). *Anatomi & Fisiologi Sistem Gerak Manusia* (1st ed.). Gosyen Publishing.
- Yudiyanta, Khoirunnisa, Novita, Novitasari, Ratih Wahyu. (2015). Assessment Nyeri. *Departement Neurologi, Fakultas Kedokteran Universitas Gadjah Mada, Yogyakarta, Indonesia*, 42(3), 214–234. [https://www.academia.edu/35001080/19\\_226Teknik-Assessment\\_Nyeri.pdf](https://www.academia.edu/35001080/19_226Teknik-Assessment_Nyeri.pdf)

