

DAFTAR PUSTAKA

- Ade, J. D., Drust, B., Morgan, O. J., & Bradley, P. S. (2020). Physiological characteristics and acute fatigue associated with position-specific speed endurance soccer drills: production vs maintenance training. *Science and Medicine in Football*, 00(00), 6–17. <https://doi.org/10.1080/24733938.2020.1789202>
- Al-Bedah, A. M. N., Elsubai, I. S., Qureshi, N. A., Aboushanab, T. S., Ali, G. I. M., El-Olemy, A. T., Khalil, A. A. H., Khalil, M. K. M., & Alqaed, M. S. (2019). The medical perspective of cupping therapy: Effects and mechanisms of action. *Journal of Traditional and Complementary Medicine*, 9(2), 90–97. <https://doi.org/10.1016/j.jtcme.2018.03.003>
- Ali Ismail, A. M., Abdelghany, A. I., & Abdelhalim Elfahl, A. M. (2021). Immediate effect of interscapular cupping on blood pressure, oxygen saturation, pulse rate and chest expansion in sedentary smoker students. *Journal of Complementary and Integrative Medicine*, 18(2), 391–396. <https://doi.org/10.1515/jcim-2020-0050>
- Andrew, Brandon, Diana, & Kristen. (2020). Effects of Cupping Therapy on Lower Quarter Y-Balance Test Scores in Collegiate Baseball Players. *Research & Investigations in Sports Medicine*, 6(1), 466–468. <https://doi.org/10.31031/rism.2020.06.000627>
- Argaheni, N. B. (2021). Systematic Review : The Effect of Massage Effleurage on Dysmenorrhea. *Jurnal Ners Dan Kebidanan (Journal of Ners and Midwifery)*, 8(1), 138–143. <https://doi.org/10.26699/jnk.v8i1.art.p138-143>
- Artés, A., Ferrer-Ramos, P., Javierre, C., Viscor, G., & García, I. (2024). Effects of intermittent pneumatic compression on the recovery of cardiovascular parameters after repeated sprint exercise. *European Journal of Applied Physiology*, 124(4), 1037–1048. <https://doi.org/10.1007/s00421-023-05333-x>
- Bafirman, & Sujana, A. (2019). Pembentukan kondisi fisik. In *Rajawali Pers* (1st ed.). PT RAJAGRAFINDO PERSADA.
- Barnett, A. (2015). Using recovery modalities between training sessions in elite athletes. Does it help? *Sports Medicine*, 36(9), 781–796. <https://link.springer.com/content/pdf/10.2165/00007256-200636090-00005.pdf>
- Boguszewski, D., Szkoda, S., Adamczyk, J. G., & Białoszewski, D. (2014). Sports mass age therapy on the reduction of delayed onset muscle soreness of the quadriceps femoris. *Human Movement*, 15(4), 234–237. <https://doi.org/10.1515/humo-2015-0017>
- Bridgett, R., Klose, P., Duffield, R., Mydock, S., & Lauche, R. (2018). Effects of Cupping Therapy in Amateur and Professional Athletes: Systematic Review of Randomized Controlled Trials. *Journal of Alternative and Complementary Medicine*, 24(3), 208–219. <https://doi.org/10.1089/acm.2017.0191>
- Bujnovsky, D., Maly, T., Ford, K. R., Sugimoto, D., Kunzmann, E., Hank, M., & Zahalka, F. (2019). Physical fitness characteristics of high-level youth football

- players: Influence of playing position. *Sports*, 7(2), 1–10. <https://doi.org/10.3390/sports7020046>
- Bulatova, M., Ermolova, V., & Braniste, G. (2023). Floristics in Olympic history. *Sport. Olimpism. Sănătate: Congresul Științific Internațional, April*, 508–512. <https://doi.org/10.52449/soh22.80>
- Chen, C. L., & Tang, J. S. (2025). Effects of dry cupping on exercise, autonomic activity and sleep in baseball players during preseason and in-season conditioning. *PLoS ONE*, 20(2 February), 1–15. <https://doi.org/10.1371/journal.pone.0319479>
- Chen, X., Zheng, R., Xiong, B., Huang, X., & Gong, B. (2023). Comparison of the physiological responses and time-motion characteristics during football small-sided games: effect of pressure on the ball. *Frontiers in Physiology*, 14(May), 1–8. <https://doi.org/10.3389/fphys.2023.1167624>
- Clarke, N., & Noon, M. (2019). Editorial: Fatigue and recovery in football. *Sports*, 7(8), 7–9. <https://doi.org/10.3390/sports7080192>
- Cochrane, D. J., Booker, H. R., Mundel, T., & Barnes, M. J. (2013). Does intermittent pneumatic leg compression enhance muscle recovery after strenuous eccentric exercise? *International Journal of Sports Medicine*, 34(11), 969–974. <https://doi.org/10.1055/s-0033-1337944>
- Comeaux, Z. (2015). Dynamic fascial release and the role of mechanical/vibrational assist devices in manual therapies. *Journal of Bodywork and Movement Therapies*, 15(1), 35–41. <https://doi.org/10.1016/j.jbmt.2010.02.006>
- Damai, A. I. A. (2023). Perbedaan Pengaruh Recovery Aktif dan Cold Water Immersion Terhadap Denyut Nadi, Rating of Percieve Exertion, dan Laktat Darah Pada Atlet Sport Science Football Club. In *Universitas Negeri Yogyakarta*. Universitas Negeri Yogyakarta.
- Dragijsky, M., Maly, T., Zahalka, F., Kunzmann, E., & Hank, M. (2017). Seasonal variation of agility, speed and endurance performance in young elite soccer players. *Sports*, 5(1). <https://doi.org/10.3390/sports5010012>
- Draper, S. N., Kullman, E. L., Sparks, K. E., Little, K., & Thoman, J. (2020). Effects of intermittent pneumatic compression on delayed onset muscle soreness (DOMS) in long distance runners. *International Journal of Exercise Science*, 13(2), 75–86.
- Dupuy, O., Douzi, W., Theurot, D., Bosquet, L., & Dugué, B. (2018). An evidence-based approach for choosing post-exercise recovery techniques to reduce markers of muscle damage, Soreness, fatigue, and inflammation: A systematic review with meta-analysis. *Frontiers in Physiology*, 9(APR), 1–15. <https://doi.org/10.3389/fphys.2018.00403>
- Dzimbova, T., Nikolov, H., Mavrevski, R., Kapralov Corresponding Author, S., prof Tatyana Dzimbova, A., & Michailov Str, I. (2019). Study on professional football players-factors in recovery and preparation and performance markers during scheduled training session thesportjournal.org/article/study-on-professional-football-players-factors-in-recovery-and-preparation-and-

- performance-mar. *The Sport Journal*, 1–13.
- Ferreira, R. M., Silva, R., Vigário, P., Martins, P. N., Casanova, F., Fernandes, R. J., & Sampaio, A. R. (2023). The Effects of Massage Guns on Performance and Recovery: A Systematic Review. *Journal of Functional Morphology and Kinesiology*, 8(3), 1–20. <https://doi.org/10.3390/jfmk8030138>
- Gilogley, W. (2015). *Analysis of Small Sided Games training in Elite Youth Soccer Players*.
- Han, B. (2022). Impact of Limbs Pneumatic Compression During Cpr on Survival of Cardiac Arrest. *Chest*, 162(4), A1142. <https://doi.org/10.1016/j.chest.2022.08.906>
- Hariadi, H., Suryadi, L. E., & Aziz Madani, A. (2020). Pengaruh Manipulasi Massage Pada Saat Latihan Teknik Bermain Bola Volli. *Jurnal Porkes*, 3(2), 134–141. <https://doi.org/10.29408/porkes.v3i2.2618>
- Hasan Mustofa, F. R. K. (2015). Analisis Pengetahuan Pelatih Klub Handball Bumi Wali Tuban Terhadap Recovery. *Jurnal Kesehatan Olahraga, Vol 7 No 2* (Edisi Juli 2019), 150–155. <https://ejournal.unesa.ac.id/index.php/jurnal-kesehatan-olahraga/article/view/30276>
- Hidayah, I. (2018). Peningkatan Kadar Asam Laktat Dalam Darah Sesudah Bekerja. *The Indonesian Journal of Occupational Safety and Health*, 7(2), 131. <https://doi.org/10.20473/ijosh.v7i2.2018.131-141>
- Hidayatullah, R., Hasbi, & Syahroni, M. (2022). Pengaruh Sport Massage Terhadap Penurunan Denyut Nadi Recovery. *Jurnal Porkes*, 5(2), 472–479. <https://doi.org/10.29408/porkes.v5i2.6360>
- Hoffman, M. D., Badowski, N., Chin, J., & Stuempfle, K. J. (2016). A randomized controlled trial of massage and pneumatic compression for ultramarathon recovery. *Journal of Orthopaedic and Sports Physical Therapy*, 46(5), 320–326. <https://doi.org/10.2519/jospt.2016.6455>
- Hou, X., He, X., Zhang, X., Liao, F., Hung, Y. J., & Jan, Y. K. (2021). Using laser Doppler flowmetry with wavelet analysis to study skin blood flow regulations after cupping therapy. *Skin Research and Technology*, 27(3), 393–399. <https://doi.org/10.1111/srt.12970>
- Hou, X., Wang, X., Griffin, L., Liao, F., Peters, J., & Jan, Y. K. (2021). Immediate and Delayed Effects of Cupping Therapy on Reducing Neuromuscular Fatigue. *Frontiers in Bioengineering and Biotechnology*, 9(July), 1–10. <https://doi.org/10.3389/fbioe.2021.678153>
- Illahi, N. P. F. (2021). Merek Rokok Dalam Sejarah Perjalanan Sponsor Liga Sepak Bola Indonesia (1994 – 2012). *Historiography*, 1(1), 82. <https://doi.org/10.17977/um081v1i12021p82-89>
- Jusuf, J. B. K., Raharja, A. T., Mahardhika, N. A., & Festiawan, R. (2020). Pengaruh teknik effleurage dan petrissage terhadap penurunan perasaan lelah pasca latihan Pencak Silat. *Jurnal Keolahragaan*, 8(1), 1–8. <https://doi.org/10.21831/jk.v8i1.30572>
- Karadavut, Ö., & Acar, G. (2024). Effects of Sports Massage on Post-Workout

- Fatigue. *Uluslararası Türk Spor ve Egzersiz Psikolojisi Dergisi*, 4(1), 15–29. <https://doi.org/10.55376/ijtsep.1486062>
- Köklü, Y., & Alemdaroğlu, U. (2016). Comparison of the heart rate and blood lactate responses of different small sided games in young soccer players. *Sports*, 4(4). <https://doi.org/10.3390/sports4040048>
- Kurniawan, A. W., & Kurniawan, M. T. A. (2021). *Sport Massage : Pijat Kefugaran Olahruga*. <https://fik.um.ac.id/wp-content/uploads/2021/10/eBook-Sport-Massage.pdf>
- Leabeater, A. J., Clarke, A. C., James, L., Huynh, M., & Driller, M. (2024). Under the Gun: Percussive Massage Therapy and Physical and Perceptual Recovery in Active Adults. *Journal of Athletic Training*, 59(3), 310–316. <https://doi.org/10.4085/1062-6050-0041.23>
- Li, S., Kempe, M., Brink, M., & Lemmink, K. (2024). Effectiveness of Recovery Strategies After Training and Competition in Endurance Athletes: An Umbrella Review. *Sports Medicine*, 10(1). <https://doi.org/10.1186/s40798-024-00724-6>
- Markovic, G. (2015). Acute effects of instrument assisted soft tissue mobilization vs. foam rolling on knee and hip range of motion in soccer players. *Journal of Bodywork and Movement Therapies*, 19(4), 690–696. <https://doi.org/10.1016/j.jbmt.2015.04.010>
- Martin, J. S., Friedenreich, Z. D., Borges, A. R., & Roberts, M. D. (2015). Acute effects of peristaltic pneumatic compression on repeated anaerobic exercise performance and blood lactate clearance. *Journal of Strength and Conditioning Research*, 29(10), 2900–2906. <https://doi.org/10.1519/JSC.0000000000000928>
- McLellan, K., Lopes, T. C., Geurts, B. J., Lumogdan, M. N., O, M., & Nielson. (2024). Pneumatic Compression Massage Decreases Effects of Delayed Onset Muscle Soreness in Active Females. *Journal Of Rehabilitation And Pain Medicine*, 97(5), 313. <https://doi.org/10.5334/jbr-btr.1339>
- Nilsson, J., & Cardinale, D. (2015). Aerobic and Anaerobic Test Performance Among Elite Male Football Players in Different Team Positions. *LASE Journal of Sport Science*, 6(1), 71–90. <https://doi.org/10.1515/ljss-2016-0007>
- Ningsih, Y. F., Kurniasih, F., Puspitaningrum, D. A., Mahmudi, K., & Wardoyo, A. A. (2017). The Effect of Sport Massage and Thai Massage to Lactic acid and Pulse Decreased. *International Journal of Advanced Engineering Research and Science*, 4(12), 92–98. <https://doi.org/10.22161/ijaers.4.12.16>
- Ningsih, Y. F., Wismanadi, H., & Siantoro, G. (2016). Pengaruh sport massage dan Terapi Bekam Terhadap Penurunan Kadar Asam Laktat dan Denyut Nadi. *Journal of Physical Education Health and Sport*, 3(2), 135–143.
- Noiprasert, S., Konthasing, P., Sivaphongthongchai, A., Dhammika, Wannigama, L., Hongsing, P., & Nongkhai, M. P. N. (2022). The Effects of Massage and Cupping Therapy on Blood Lactate, Heart Rate and Mood State in Professional Football Players. *Journal of Positive ...*, 6(2), 1142–1152.

- <http://184.168.115.16/index.php/jppw/article/view/10051%0Ahttp://184.168.115.16/index.php/jppw/article/download/10051/6522>
- Olmos-peñarroja, M., Capdevila, L., & Pons, A. C. (2024). Heart Rate Variability in Elite Team Sports : A Systematic Review. *Research Square*, 1–18.
- Pahlevi, R., Rusdiana, A., Haryono, T., Hidayat, I. I., & Kurniawan, T. (2024). Effectiveness of Massage Gun and Foam Roller Methods on Fatigue Recovery in Football Athletes. *Jurnal Ilmu Keolahragaan*, 7(Ii), 642–652. <http://dx.doi.org/10.31851/hon.v7i2.16339>
- Pancar, Z., Akay, M. K., İlhan, M. T., Karaday, E., Karaca, B., Ulema, M. S., Taşdoğan, A. M., Makaracı, Y., & González-Fernández, F. T. (2025). Effects of Intermittent Versus Continuous Small-Sided Games on Athletic Performance in Male Youth Soccer Players: A Pilot Study. *Life*, 15(3). <https://doi.org/10.3390/life15030364>
- Prasetyo, Y., Shafi, S. H. A., Arjuna, F., Rahayu, A., & Shahril, M. I. bin. (2024). The effectiveness of massage gun treatment combined with passive stretching in reducing non-specific lower back pain. *Jurnal Keolahragaan*, 12(2), 175–183.
- Priyambada, G., & Rohidi, T. R. (2021). *Tata Laksana Sport Massage : Persiapan Menghadapi Pertandingan Cabang Olahraga Pencak Silat* (A. H. Nadana (ed.); 1st ed.). Ahlimedia Press.
- Priyonoadi, B., Satia Graha, A., Laksmi Ambardini, R., & Kushartanti, B. M. W. (2019). *The Effectiveness of Post-Workout Fitness and Sports Massage in Changing Blood Pressure, Pulse Rate, and Breathing Frequency*. 278(YISHPESS), 529–533. <https://doi.org/10.2991/yishpess-cois-18.2018.134>
- Purnomo, A. M. I. (2015). Manfaat Swedish Massage Untuk Pemulihan Kelelahan Pada Atlet. *Efektor*, 3(1), 1–11.
- Putra Wardana, A. A., Kardjono, K., & Mustaqim, R. (2024). Efektifitas Penggunaan Media Massage Gun Terhadap RPE Atlet Sepakbola. *Jurnal Kepelatihan Olahraga*, 16(1), 13–18. <https://doi.org/10.17509/jko-upi.v16i1.62991>
- RecoveryPump-Indonesia. (2016). *Recovery Pump*. www.recoverypumpid.com
- Rozenfeld, E., & Kalichman, L. (2016). New is the well-forgotten old: The use of dry cupping in musculoskeletal medicine. *Journal of Bodywork and Movement Therapies*, 20(1), 173–178. <https://doi.org/10.1016/j.jbmt.2015.11.009>
- S.Nasution, M. (2002). *Metodologi Research* (1st ed.). Bumi Aksara.
- Samsudin. (2018). *ilmu lulut*. UNJ Press.
- Sarli, D., & Sari. (n.d.). *The Effect of Massage Therapy With Effleurage Techniques as A Prevention of Baby Blues Prevention on Postpartum Mother*. 1(3), 15–21. <https://doi.org/10.31632/ijalsr.2018v01i03.003>
- Setia Adi, G., Wulandari, Y., & Muzaki, N. (2018). Pengaruh Cupping Puncturin Cupping (Cpc) Terhadap Penurunan Skala Nyeri Pada Penderita Low Back

- Pain. *MOTORIK Jurnal Ilmu Kesehatan*, 13(2), 35–44.
<https://doi.org/10.61902/motorik.v13i2.14>
- Sugiyono. (2011). *Metode Penelitian Kuantitatif Kualitatif dan R & D*. CV Alfabeta.
- Sumarjo, Sulaeman, E. S., Kristiyanto, A., & Rahma, N. (2019). The Effect of Sport and Circulo Massage on the Improvement of Work Productivity of the Physically Disabled. *Atlantis Press*, 278(YISHPESS 2018), 17–20.
<https://doi.org/10.2991/yishpess-cois-18.2018.5>
- Susan, A. (2020). *Asam Laktat Sebagai Evaluasi*.
<https://www.scribd.com/doc/36000569/Asam-Laktat-Sebagai-Evaluasi>
- Tarigan, C. U., Kushartanti, W., Sukarmin, Y., Komarudin, & Hijriansyah, D. K. (2024). A review of massage on physiological and psychological performance. *Fizjoterapia Polska*, 2024(1).
- Verheijen, R. (2014). *Football Periodization*. world Football Academy.
- Wang, L., Cai, Z., Li, X., & Zhu, A. (2023). Efficacy of cupping therapy on pain outcomes: an evidence-mapping study. *Frontiers in Neurology*, 14(October).
<https://doi.org/10.3389/fneur.2023.1266712>
- Widhiyanti, K. A. T. (2017). Teknik Massage Effleurage Pada Ekstrimitas Inferior Sebagai Pemulihan Pasif Dalam Meningkatkan Kelincahan. *Jurnal Pendidikan Kesehatan Rekreasi*, 11, 9–17.
- Wiecha, S., Jarocka, M., Wiśniowski, P., Cieśliński, M., Price, S., Makaruk, B., Kotowska, J., Drabarek, D., Cieśliński, I., & Sacewicz, T. (2021). The efficacy of intermittent pneumatic compression and negative pressure therapy on muscle function, soreness and serum indices of muscle damage: a randomized controlled trial. *BMC Sports Science, Medicine and Rehabilitation*, 13(1), 1–10. <https://doi.org/10.1186/s13102-021-00373-2>
- Winke, M., & Williamson, S. (2018). Comparison of a Pneumatic Compression Device to a Compression Garment During Recovery from DOMS. *International Journal of Exercise Science*, 11(3), 375–383.
<http://www.ncbi.nlm.nih.gov/pubmed/29795729>
<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC5955306>
- Young, J. D., Spence, A. J., & Behm, D. G. (2018). Roller massage decreases spinal excitability to the soleus. *Journal of Applied Physiology*, 124(4), 950–959.
<https://doi.org/10.1152/jappphysiol.00732.2017>