

DAFTAR PUSTAKA

- Alcock, R. *et al.* (2024) 'Youth and adolescent athlete musculoskeletal health: dietary and nutritional strategies to optimise injury prevention and support recovery', *Journal of Functional Morphology and Kinesiology*. mdpi.com. Available at: <https://www.mdpi.com/2411-5142/9/4/221>.
- Almeyda, F. and Irawan, R.J. (2023) 'Efektivitas Penggunaan Terapi Ultrasound Sebagai Terapi Nyeri Doms Otot QuadRICEps pada Atlet Bola Tangan Putra', *Jurnal Penjakora*.
- Aprianti, n.i., rakhmawati, t.a. And ... (2023) 'Profil Kondisi Fisik Atlet Porprov Bola Tangan Di Kabupaten Purworejo Tahun 2023', *Jurnal Ilmiah Penjas*
- Araujo-Espinoza, G. *et al.* (2025) 'Conservative management of tRICEps brachii muscle transection injury in an elite NCAA division I intercollegiate athlete: a case report and clinical review', *JSES reviews, reports, and techniques*, pp. 365–370. Available at: <https://doi.org/10.1016/j.xrrt.2024.12.008>.
- Bleakley, C.M., Glasgow, P. and MacAuley, D.C. (2012) 'PRICE needs updating, should we call the POLICE?', *British journal of sports medicine*, 46(4), 220-221.
- Cardoso-Marinho, B. *et al.* (2022) 'The perception of injury risk and prevention among football players: A systematic review', *Frontiers in sports and ...* [Preprint]. frontiersin.org. Available at: <https://doi.org/10.3389/fspor.2022.1018752>.
- Crossley, K.M. *et al.* (2025) 'Gender and/or sex-specific considerations for sport-related injury: a concept mapping approach for the Female, woman and/or girl Athlete Injury pRevention (FAIR) consensus', *British journal of sports ...* [Preprint]. Available at: <https://bjsm.bmj.com/content/59/22/1560.abstract>.
- Doucette, M.M. *et al.* (2021) 'In it to win it: Competitiveness, concussion knowledge and nondisclosure in athletes', *The Physician and ...* [Preprint]. Available at: <https://doi.org/10.1080/00913847.2020.1807886>.
- Dubois, B. and Esculier, J.F. (2020) 'Soft-tissue injuries simply need PEACE and LOVE', *British journal of sports medicine* [Preprint].
- Edouard, P. *et al.* (2022) "“What does not kill us can make us stronger”: can we use injury experience as an opportunity to help athletes and their teams engage in injury risk reduction?", *BMJ Open Sport & ...* [Preprint]. bmjopensem.bmj.com. Available at: <https://bmjopensem.bmj.com/content/8/2/e001359>.
- Edouard, P. *et al.* (2024) 'Injuries in athletics (track and field): A narrative review presenting the current problem of injuries' /*German journal of ...* [Preprint]. Available at: <https://arodes.hes-so.ch/record/14511>.
- Gabbett, T. *et al.* (2021) 'When progressing training loads, what are the

- considerations for healthy and injured athletes?', *British Journal of Sports*. Available at: <https://bjsm.bmj.com/content/55/17/947.abstract>.
- Hoenig, T. *et al.* (2025) 'International Delphi consensus on bone stress injuries in athletes', *British Journal of Sports Medicine*. Available at: <https://bjsm.bmj.com/content/59/2/78.abstract>.
- Kanwal, S. *et al.* (2025) 'Load management and injury prevention in elite athletes: a narrative review', *Premier Journal of premierscience.com*. Available at: <https://premierscience.com/wp-content/uploads/2025/08/5-pjs-25-1041.pdf>.
- Kay, M.C. *et al.* (2023) 'Factors and expectations influencing concussion disclosure within NCAA Division I athletes: A mixed methodological approach', *Journal of sport and. Elsevier*. Available at: <https://www.science-direct.com/science/article/pii/S2095254621001034>.
- Maroon, J.C. (2021) 'Management of thoracic spinal cord injury in a professional American football athlete: illustrative case', *Journal of neurosurgery. Case lessons*. Available at: <https://doi.org/10.3171/CASE21206a>.
- Martens, G. *et al.* (2021) 'Document, create and translate knowledge: the mission of ReFORM, the Francophone IOC Research Centre for Prevention of Injury and Protection of Athlete Health', *British journal of sports medicine*, pp. 187–188. Available at: <https://doi.org/10.1136/bjsports-2020-103087>.
- McAleer, S. *et al.* (2022) '... to return to full training and recurrence of rectus femoris injuries in elite track and field athletes 2010–2019; a 9-year study using the British Athletics Muscle Injury Journal of Medicine. Available at: <https://doi.org/10.1111/sms.14160>.
- McAllister-Deitrick, J. *et al.* (2022) 'Concussion knowledge and reporting behaviors among collegiate athletes', *Clinical journal of. Available at: https://journals.lww.com/cjsportsmed/fulltext/2022/01000/Concussion_Knowledge_and_Reporting_Behaviors_Among.9.aspx*.
- Mendiguchia, J. and ... (2021) 'Can we modify maximal speed running posture? Implications for performance and hamstring injury management', *journal of sports*. Available at: <https://journals.humankinetics.com/view/journals/ijsp/17/3/article-p374.xml>.
- Miranda-Comas, G. *et al.* (2022) 'The Role of Workload Management in Injury Prevention, Athletic, and Academic Performance in the Student-Athlete', *Current sports medicine reports*, pp. 186–191. Available at: <https://doi.org/10.1249/JSR.0000000000000964>.
- Mishra, N. *et al.* (2024) 'Harnessing an AI-driven analytics model to optimize training and treatment in physical education for sports injury prevention', *Proceedings of the 2024 ... [Preprint]*. Available at: <https://doi.org/10.1145/3678726.3678740>.

- Monsonis, O.B., Verhagen, E. and Kaux, J.-F. (2021) ‘“I always considered I needed injury prevention to become an elite athlete”: the road to the Olympics from the athlete and staff perspective’, *BMJ open sport & exercise medicine* [Preprint]. [bmjopensem.bmj.com](https://bmjopensem.bmj.com/content/7/4/e001217). Available at: <https://bmjopensem.bmj.com/content/7/4/e001217>.
- Musat, C.L. *et al.* (2024) ‘Diagnostic applications of AI in sports: a comprehensive review of injury risk prediction methods’, *Diagnostics*. [mdpi.com](https://www.mdpi.com/2075-4418/14/22/2516). Available at: <https://www.mdpi.com/2075-4418/14/22/2516>.
- Pennock, K. and McKenzie, B. (2025) ‘Risk, Responsibility, and Prevention in Injury Management: Implications of Concussion (mis)education on Youth Athlete Knowledge Uptake’, *Communication & sport*, pp. 800–819. Available at: <https://doi.org/10.1177/21674795251321759>.
- Prentice, W. (2024) *Rehabilitation techniques for sports medicine and athletic training*. [books.google.com](https://books.google.com/books?hl=en&lr=&id=W6cLEQAAQBAJ&oi=fnd&pg=PP1&dq=injury+management+athlete&ots=HWL-5TibA4&sig=2_34_pxQjf3zzB4-bdi8t-qSj0Q). Available at: https://books.google.com/books?hl=en&lr=&id=W6cLEQAAQBAJ&oi=fnd&pg=PP1&dq=injury+management+athlete&ots=HWL-5TibA4&sig=2_34_pxQjf3zzB4-bdi8t-qSj0Q.
- Ramadhan, Y.H., Haryanto, A. and Ningsih, A.D. (2024) *Pengaruh Edukasi RICE Terhadap Pengetahuan Penanganan Cedera Ankle Sprain Pada Pemain Bola Tangan Di Sman 3 Kota*. [Repository.ubs-ppni.ac.id](https://repository.ubs-ppni.ac.id).
- Rees, H. *et al.* (2022) ‘The knowledge and attitudes of field hockey athletes to injury, injury reporting and injury prevention: a qualitative study’, *Journal of science and ...* [Preprint]. Elsevier. Available at: <https://www.sciencedirect.com/science/article/pii/S1440244022001852>.
- Rohman, u. And sumardi, S. (2020) ‘Penerapan Manipulasi Local Massage Lower Extremity (Lmle) Terhadap Pemulihan Denyut Nadi Pasca Aktivitas Pembelajaran Permainan Bola Tangan’, *Buana Pendidikan: Jurnal Fakultas*.
- Rudisill, S.S. *et al.* (2021) ‘Evidence-based management and factors associated with return to play after acute hamstring injury in athletes: a systematic review’. *Journal of Sports*. Available at: <https://doi.org/10.1177/23259671211053833>.
- Sugiyono, D. (2022) *Metode penelitian kualitatif*. library.stiepe muda.ac.id.
- Yudho, F.H.P. *et al.* (2022) ‘Analisis keterhubungan daya ledak otot lengan dengan keterampilan menembak bola tangan’. *Jasmani dan Olahraga*.