

DAFTAR PUSTAKA

- Abdillah, E. A. (2018). Hubungan Penanganan Beban Manual dengan Nyeri Punggung Bawah. *Jurnal Ergonomi dan K3*.
- Akkiraju, H., & Nohe, A. (2015). Role of Chondrocytes in Cartilage Formation, Progression of Osteoarthritis and Cartilage Regeneration. *Journal of developmental biology*, 3(4), 177. <https://doi.org/10.3390/JDB3040177>
- Almeer, G., Azzopardi, C., Kho, J., Gupta, H., James, S. L., & Botchu, R. (2020). Anatomy and pathology of facet joint. *Journal of Orthopaedics*, 22, 109. <https://doi.org/10.1016/J.JOR.2020.03.058>
- Baroncini, A., Maffulli, N., Eschweiler, J., Knobe, M., Tingart, M., & Migliorini, F. (2021). Management of facet joints osteoarthritis associated with chronic low back pain: A systematic review. *The surgeon : journal of the Royal Colleges of Surgeons of Edinburgh and Ireland*, 19(6), e512–e518. <https://doi.org/10.1016/J.SURGE.2020.12.004>
- Bates, K. (2014). *Buku Ajar Pemeriksaan Fisik edisi 21*. Jakarta: EGC.
- Bozzio, A. E., Johnson, C. R., Fattor, J. A., Kleck, C. J., Patel, V. V., Burger, E. L., ... Cain, C. M. J. (2018). Stand-alone anterior lumbar interbody, transforaminal lumbar interbody, and anterior/posterior fusion: Analysis of fusion outcomes and costs. *Orthopedics*, 41(5). <https://doi.org/10.3928/01477447-20180711-06>
- Buckwalter, J. A. (1995). Aging and degeneration of the human intervertebral disc. *Spine*, 20(11), 1307–1314. <https://doi.org/10.1097/00007632-199506000-00022>
- Chelladurai, A., Balasubramaniam, S., Anbazhagan, S. P., Gnanasighamani, S., & Ramaswami, S. (2018). Dorsal spinal ligamentum flavum thickening: A magnetic resonance imaging study. *Asian Spine Journal*, 12(1). <https://doi.org/10.4184/asj.2018.12.1.47>
- Chen, S., Fu, P., Wu, H., & Pei, M. (2017). Meniscus, articular cartilage, and nucleus pulposus: a comparative review of cartilage-like tissues in anatomy, development, and function. *Cell and tissue research*, 370(1), 53. <https://doi.org/10.1007/S00441-017-2613-0>
- Chepurin, D., Chamoli, U., Sheldrick, K., Lapkin, S., Scott, D., Kuan, J., & Diwan, A. D. (2019). Bony stress in the lumbar spine is associated with intervertebral disc degeneration and low back pain: a retrospective case–control MRI study of patients under 25 years of age. *European Spine Journal*, 28(11). <https://doi.org/10.1007/s00586-019-06148-1>
- Dahlan, M. S. (2014). *Statistik Untuk Kedokteran dan Kesehatan* (6 ed.). Jakarta: Epidemiologi Indonesia.

- De Kok, J., Vroonhof, P., Snijders, J., Roullis, G., Clarke, M., Peereboom, K., ... Isusi, I. (2019). *Work-related musculoskeletal disorders : prevalence, costs and demographics in the EU. European Agency for Safety and Health at Work.*
- Ferreira, G. E., Lin, C. W. C., Stevens, M. L., Hancock, M. J., Latimer, J., Kelly, P., ... Maher, C. G. (2021). Exercise is medicine, but perhaps not for preventing low back pain: A randomized trial of exercise and education to prevent low back pain recurrence. *Journal of Orthopaedic and Sports Physical Therapy*, 51(4). <https://doi.org/10.2519/JOSPT.2021.10187>
- Fischer, S. C., Calley, D. Q., & Hollman, J. H. (2021). Effect of an exercise program that includes deadlifts on low back pain. *Journal of Sport Rehabilitation*, 30(4). <https://doi.org/10.1123/JSR.2020-0324>
- Frost, B. A., Camarero-Espinosa, S., & Johan Foster, E. (2019). Materials for the Spine: Anatomy, Problems, and Solutions. *Materials*, 12(2), 253. <https://doi.org/10.3390/MA12020253>
- Gellhorn, A. C., Katz, J. N., & Suri, P. (2013). Osteoarthritis of the spine: the facet joints. *Nature reviews. Rheumatology*, 9(4), 216. <https://doi.org/10.1038/NRRHEUM.2012.199>
- Guerin, H. L., & Elliott, D. M. (2007). Quantifying the contributions of structure to annulus fibrosus mechanical function using a nonlinear, anisotropic, hyperelastic model. *Journal of orthopaedic research : official publication of the Orthopaedic Research Society*, 25(4), 508–516. <https://doi.org/10.1002/JOR.20324>
- Hansen, B.B., Bendix, T., Grindsted, J., Bliddal, H., Christensen, R., Hansen, P., Riis, R.G.C., Boesen, M., 2015. Effect of lumbar disc degeneration and low-back pain on the lumbar lordosis in supine and standing: A cross-sectional MRI study. *Spine (Phila. Pa. 1976)*. 40, 1690–1696. <https://doi.org/10.1097/BRS.0000000000001120>
- Hartvigsen, J., Hancock, M. J., Kongsted, A., Louw, Q., Ferreira, M. L., Genevay, S., ... Woolf, A. (2018). What low back pain is and why we need to pay attention. *The Lancet*. [https://doi.org/10.1016/S0140-6736\(18\)30480-X](https://doi.org/10.1016/S0140-6736(18)30480-X)
- Hayden, J. A., Dunn, K. M., van der Windt, D. A., & Shaw, W. S. (2015). What is the prognosis of back pain? *Best Practice and Research: Clinical Rheumatology*. <https://doi.org/10.1016/j.berh.2009.12.005>
- Hong, S., & Lee, G. (2021). Effects of a low back exercise program on low back pain patients' lumbar lordotic angle, abdominal muscle power, and pain. *Journal of Human Sport and Exercise*, 16(2). <https://doi.org/10.14198/jhse.2021.162.19>
- Inoue, N., & Espinoza Orías, A. A. (2011). Biomechanics of Intervertebral Disc Degeneration. *The Orthopedic clinics of North America*, 42(4), 487. <https://doi.org/10.1016/J.OCL.2011.07.001>

- Kementerian Kesehatan RI. (2018). *Riset Kesehatan Dasar Tahun 2018*. Diambil dari <http://labdata.litbang.depkes.go.id/riset-badan-litbangkes/menu-risikesnas/menu-risikesdas>
- Kos, N., Gradisnik, L., & Velnar, T. (2019). A Brief Review of the Degenerative Intervertebral Disc Disease. *Medical archives (Sarajevo, Bosnia and Herzegovina)*. <https://doi.org/10.5455/medarh.2019.73.421-424>
- Kusuma, I., & Hartanti, R. (2014). Pengaruh Posisi Kerja Terhadap Kejadian Low Back Pain Pada Pekerja Di Kampung Sepatu, Kelurahan Miji, Kecamatan Prajurit Kulon, Kota Mojokerto. *Ikesma*, 10(1).
- Lotz, J. C., Fields, A. J., & Liebenberg, E. C. (2013). The Role of the Vertebral End Plate in Low Back Pain. *Global Spine Journal*, 3(3), 153. <https://doi.org/10.1055/S-0033-1347298>
- Meucci, R. D., Fassa, A. G., & Xavier Faria, N. M. (2015). Prevalence of chronic low back pain: Systematic review. *Revista de Saude Publica*. <https://doi.org/10.1590/S0034-8910.2015049005874>
- Nedresky, D., Reddy, V., & Singh, G. (2021). Anatomy, Back, Nucleus Pulposus. *StatPearls*. Diambil dari <https://www.ncbi.nlm.nih.gov/books/NBK535373/>
- Newell, N., Little, J. P., Christou, A., Adams, M. A., Adam, C. J., & Masouros, S. D. (2017). Biomechanics of the human intervertebral disc: A review of testing techniques and results. *Journal of the mechanical behavior of biomedical materials*, 69, 420–434. <https://doi.org/10.1016/J.JMBBM.2017.01.037>
- Nowakowska, K., Gzik, M., Michnik, R., Myśliwiec, A., Jurkojc, J., Suchoń, S., Burkacki, M., 2017. The loads acting on lumbar spine during sitting down and standing up. *Adv. Intell. Syst. Comput.* 526, 169–176. https://doi.org/10.1007/978-3-319-47154-9_20
- O’Leary, S. A., Paschos, N. K., Link, J. M., Klineberg, E. O., Hu, J. C., & Athanasiou, K. A. (2018). Facet Joints of the Spine: Structure-Function Relationships, Problems and Treatments, and the Potential for Regeneration. *Annual review of biomedical engineering*, 20, 145–170. <https://doi.org/10.1146/ANNUREV-BIOENG-062117-120924>
- Parenteau, C. S., Lau, E. C., Campbell, I. C., & Courtney, A. (2021). Prevalence of spine degeneration diagnosis by type, age, gender, and obesity using Medicare data. *Scientific reports*, 11(1), 5389. <https://doi.org/10.1038/s41598-021-84724-6>
- Parfenov, V. A., & Golovacheva, V. A. (2019). Diagnosis and treatment of acute low back pain. *Terapevticheskii Arkhiv*, 91(8). <https://doi.org/10.26442/00403660.2019.08.000315>

- Patrick, N., Emanski, E., & Knaub, M. A. (2014). Acute and chronic low back pain. *Medical Clinics of North America*. <https://doi.org/10.1016/j.mcna.2014.03.005>
- Perie, D. S., MacLean, J. J., Owen, J. P., & Iatridis, J. C. (2006). Correlating Material Properties with Tissue Composition in Enzymatically Digested Bovine Annulus Fibrosus and Nucleus Pulposus Tissue. *Annals of biomedical engineering*, 34(5), 769. <https://doi.org/10.1007/S10439-006-9091-Y>
- Perolat, R., Kastler, A., Nicot, B., Pellat, J. M., Tahon, F., Attie, A., Heck, O., Boubagra, K., Grand, S., & Krainik, A. (2018). Facet joint syndrome: from diagnosis to interventional management. *Insights into imaging*, 9(5), 773–789. <https://doi.org/10.1007/s13244-018-0638-x>
- Pfirrmann, C. W. A., Metzdorf, A., Zanetti, M., Hodler, J., & Boos, N. (2001). Magnetic resonance classification of lumbar intervertebral disc degeneration. *Spine*, 26(17), 1873–1878. <https://doi.org/10.1097/00007632-200109010-00011>
- Rahmanto, S. (2019). Hubungan Overweight Pada Mahasiswi Terhadap Kejadian Low Back Pain Myogenic. *Jurnal Fisioterapi dan Rehabilitasi*, 3(2). <https://doi.org/10.33660/jfrwhs.v3i2.71>
- Raj, P. P. (2008). Intervertebral disc: anatomy-physiology-pathophysiology-treatment. *Pain practice : the official journal of World Institute of Pain*, 8(1), 18–44. <https://doi.org/10.1111/J.1533-2500.2007.00171.X>
- Rao, D., Scuderi, G., Scuderi, C., Grewal, R., & Sandhu, S. J. (2018). The Use of Imaging in Management of Patients with Low Back Pain. *Journal of Clinical Imaging Science*, 8. https://doi.org/10.4103/jcis.jcis_16_18
- Rezapur-Shahkolai, F., Gheysvandi, E., Tapak, L., Dianat, I., Karimi-Shahanjarini, A., & Heidarimoghadam, R. (2021). Risk factors for low back pain among elementary school students in western Iran using penalized logistic regression. *Epidemiology and Health*, 42. <https://doi.org/10.4178/epih.e2020039>
- Roberts, S., Evans, H., Trivedi, J., & Menage, J. (2006). Histology and pathology of the human intervertebral disc. *The Journal of bone and joint surgery. American volume*, 88 Suppl 2(suppl_2), 10–14. <https://doi.org/10.2106/JBJS.F.00019>
- Rodriguez, A. G., Rodriguez-Soto, A. E., Burghardt, A. J., Berven, S., Majumdar, S., & Lotz, J. C. (2012). Morphology of the human vertebral endplate. *Journal of orthopaedic research : official publication of the Orthopaedic Research Society*, 30(2), 280. <https://doi.org/10.1002/JOR.21513>
- Smith, L. J., & Fazzalari, N. L. (2009). The elastic fibre network of the human lumbar annulus fibrosus: architecture, mechanical function and potential role in the progression of intervertebral disc degeneration. *European Spine Journal*, 18(4), 439. <https://doi.org/10.1007/S00586-009-0918-8>

- Su, D. C. J., & Chang, K.-V. (2022). Facet Arthritis. *StatPearls*. Diambil dari <https://www.ncbi.nlm.nih.gov/books/NBK493233/>
- Sudoyo, A. (2014). *Buku Ajar Ilmu Penyakit Dalam Edisi V*. Jakarta: PPDS FKUI.
- Tan, S. H., Teo, E. C., & Chua, H. C. (2004). Quantitative three-dimensional anatomy of cervical, thoracic and lumbar vertebrae of Chinese Singaporeans. *European Spine Journal*, 13(2), 137. <https://doi.org/10.1007/S00586-003-0586-Z>
- Tiwari, P., Kaur, H., Kaur, H., Jha, V., Singh, N., & Ashraf, A. (2020). Prevalence of facet joint arthritis and its association with spinal pain in mountain population – A cross-sectional study. *Journal of Craniovertebral Junction & Spine*, 11(1), 36. https://doi.org/10.4103/JCVJS.JCVJS_121_19
- Urban, J. P., & Roberts, S. (2003). Degeneration of the intervertebral disc. *Arthritis Research & Therapy*, 5(3), 120. <https://doi.org/10.1186/AR629>
- Urits, I., Burshtein, A., Sharma, M., Testa, L., Gold, P. A., Orhurhu, V., ... Kaye, A. D. (2019). Low Back Pain, a Comprehensive Review: Pathophysiology, Diagnosis, and Treatment. *Current Pain and Headache Reports*. <https://doi.org/10.1007/s11916-019-0757-1>
- Villarin, R. R., Marasigan, P. N. R., Cabatay, W. A., Oarga, V., & Flores, M. S. E. (2020). Swiss ball exercises as an alternative to mckenzie exercises in treating chronic low back pain among poultry workers. *European Journal of Molecular and Clinical Medicine*, 7(2).
- Weishaupt, D., Zanetti, M., Boos, N., & Hodler, J. (1999). MR imaging and CT in osteoarthritis of the lumbar facet joints. *Skeletal Radiology*, 28(4). <https://doi.org/10.1007/s002560050503>
- Won, H.-S., Yang, M., & Kim, Y.-D. (2020). Facet joint injections for management of low back pain: a clinically focused review. *Anesthesia and Pain Medicine*, 15(1), 8. <https://doi.org/10.17085/APM.2020.15.1.8>
- World Health Organization. (2016). Low Back Pain. Diambil 15 Juli 2020, dari https://www.who.int/medicines/areas/priority_medicines/Ch6_24LBP.pdf?ua=1
- Yamato, T. P., Maher, C. G., Saragiotto, B. T., Hancock, M. J., Ostelo, R. W. J. G., Cabral, C. M. N., ... Costa, L. O. P. (2016). Pilates for low back pain. *Sao Paulo Medical Journal*. <https://doi.org/10.1590/1516-3180.20161344T1>
- Zhang, S., Hu, B., Liu, W., Wang, P., Lv, X., Chen, S., & Shao, Z. (2021). The role of structure and function changes of sensory nervous system in intervertebral disc-related low back pain. *Osteoarthritis and Cartilage*. <https://doi.org/10.1016/j.joca.2020.09.002>