

## DAFTAR PUSTAKA

- Abate, M. (2014). How obesity modifies tendons (implications for athletic activities). *Muscles, Ligaments and Tendons Journal*.
- Abate, M., Salini, V. and Andia, I. (2016). How Obesity Affects Tendons? Metabolic Influences on Risk for Tendon Disorders, pp.167-177.
- Abete, M. (2016). Therapeutic use of hormones on tendinopathies: a narrative review. *Muscles, Ligaments and Tendons Journal*.
- ACL reconstruction - Mayo Clinic. 2018. Retrieved from <https://www.mayoclinic.org/tests-procedures/acl-reconstruction/about/pac-20384598>
- Ahldén, M., Samuelsson, K., Sernert, N., Forssblad, M., Karlsson, J. and Kartus, J. (2012). The Swedish National Anterior Cruciate Ligament Register. *The American Journal of Sports Medicine*, 40(10), pp.2230-2235.
- Alentorn-geli, E., Cugat, R., Farmer, K. W., & Moser, M. W. (2015). Failure of Anterior Cruciate Ligament Reconstruction, 220, 220–240.
- Atbaşı, Z., Erdem, Y., Emre, T., Atilla, H., Parlak, A. and Erçin, E. (2016). Correlation between body mass index and quadrupled hamstring tendon autograft size in ACL reconstruction. *Joints*, 04(04), pp.198-201.
- Azar MF, Beaty JH, Canale ST. *Campbell's Operative Orthopaedics* 13th ed. Elsevier. 2017
- Benjamin, M., Kaiser, E., & Milz, S. (2008). Structure-function relationships in tendons: A review. *Journal of Anatomy*, 212(3), 211–228. <https://doi.org/10.1111/j.1469-7580.2008.00864.x>

- Boesen, A., Dideriksen, K., Couppé, C., Magnusson, S., Schjerling, P., Boesen, M., Aagaard, P., Kjaer, M. and Langberg, H. (2014). Effect of growth hormone on aging connective tissue in muscle and tendon: gene expression, morphology, and function following immobilization and rehabilitation. *Journal of Applied Physiology*, 116(2), pp.192-203.
- Bogunovic, L., & Matava, M. 2013. Operative and Nonoperative Treatment Options for ACL Tears in the Adult Patient: A Conceptual Review. *The Physician And Sportsmedicine*, 41(4), 33-40. doi: 10.3810/psm.2013.11.2034
- Boisvert, CB., Aubin, ME., DeAngelis, N. 2011. Relationship between anthropometric measurements and hamstring autograft diameter in anterior cruciate ligament reconstruction. *Am J Orthop* 40: 293–295
- Boniello, M. R., Schwingler, P. M., Bonner, J. M., Robinson, S. P., Cotter, A., & Bonner, K. F. (2015). Impact of hamstring graft diameter on tendon strength: A biomechanical study. *Arthroscopy - Journal of Arthroscopic and Related Surgery*, 31(6), 1084–1090. <https://doi.org/10.1016/j.arthro.2014.12.023>
- Cdc.gov. (2013). CDC - Injury - ICRCs - CE001495. [online] Available at: <https://www.cdc.gov/injury/erpo/icrc/2009/1-R49-CE001495-01.html> [Accessed 28 Nov. 2018].
- Celiktas. 2013. Prediction of the quadruple hamstring autograft thickness in ACL reconstruction using anthropometric measures. *Acta Orthop Traumatol Turc* 47:14–18
- Chen, G., & Wang, S. (2015). Comparison of single-bundle versus double-bundle anterior cruciate ligament reconstruction after a minimum of 3-year follow-up: A meta-analysis of randomized controlled trials. *International Journal of Clinical and Experimental Medicine*, 8(9), 14604–14614.
- Cook, J. L., Bass, S. L., & Black, J. E. (2007). Hormone therapy is associated with smaller Achilles tendon diameter in active post-menopausal women. *Scandinavian Journal of Medicine and Science in Sports*, 17(2), 128–132. <https://doi.org/10.1111/j.1600-0838.2006.00543.x>

Dahners, L. E. (2005). Growth and development of tendons. *Tendon Injuries: Basic Science and Clinical Medicine*, 22–24. [https://doi.org/10.1007/1-84628-050-8\\_3](https://doi.org/10.1007/1-84628-050-8_3)

Dale, K., Bailey, J., & Moorman, C. 2017. Surgical Management and Treatment of the Anterior Cruciate Ligament/Medial Collateral Ligament Injured Knee. *Clinics In Sports Medicine*, 36(1), 87-103. doi: 10.1016/j.csm.2016.08.005

Del Buono, A., Oliva, F., Osti, L., & Maffulli, N. (2013). Metalloproteases and tendinopathy. *Muscles, Ligaments and Tendons Journal*, 3(1), 51–57. <https://doi.org/10.11138/mltj/2013.3.1.051>

Dhammi, I., Kumar, S., & Rehan-Ul-Haq. (2015). Graft choices for anterior cruciate ligament reconstruction. *Indian Journal Of Orthopaedics*, 49(2), 127. doi: 10.4103/0019-5413.152393

Doessing, S., Heinemeier, K. M., Holm, L., Mackey, A. L., Schjerling, P., Rennie, M., ... Kjaer, M. (2010). Growth hormone stimulates the collagen synthesis in human tendon and skeletal muscle without affecting myofibrillar protein synthesis. *Journal of Physiology*, 588(2), 341–351. <https://doi.org/10.1113/jphysiol.2009.179325>

Duthon, V., Barea, C., Abrassart, S., Fasel, J., Fritschy, D., & Ménétrey, J. 2005. Anatomy of the anterior cruciate ligament. *Knee Surgery, Sports Traumatology, Arthroscopy*, 14(3), 204-213. doi: 10.1007/s00167-005-0679-9

Ellis, S. J., Williams, B. R., Wagshul, A. D., Pavlov, H., & Deland, J. T. (2010). Deltoid Ligament Reconstruction with Peroneus Longus Autograft in Flatfoot Deformity. *Foot & Ankle International*, 31(9), 781–789. <https://doi.org/10.3113/FAI.2010.0781>

Figueroa, F., Figueroa, D., & Espregueira-Mendes, J. (2018). Hamstring autograft size importance in anterior cruciate ligament repair surgery. *EFORT Open Reviews*, 3(3), 93–97. <https://doi.org/10.1302/2058-5241.3.170038>

- Franchi, M., Trirè, A., Quaranta, M., Orsini, E. and Ottani, V. (2007). Collagen Structure of Tendon Relates to Function. *The Scientific World JOURNAL*, 7, pp.404-420.
- FRANK, C. B., & JACKSON, D. W. (1997). Current Concepts Review - The Science of Reconstruction of the Anterior Cruciate Ligament\*. *The Journal of Bone & Joint Surgery*, 79(10), 1556–1576. <https://doi.org/10.2519/jospt.1992.15.6.270>
- Fritsch, B., Figueroa, F. and Semay, B. (2017). Graft Preparation Technique to Optimize Hamstring Graft Diameter for Anterior Cruciate Ligament Reconstruction. *Arthroscopy Techniques*, 6(6), pp.e2169-e2175.
- Frizziero, A., Vittadini, F., Gasparre, G., & Masiero, S. (2014). Impact of oestrogen deficiency and aging on tendon: Concise review. *Muscles, Ligaments and Tendons Journal*, 4(3), 324–328. <https://doi.org/10.11138/mltj/2014.4.3.324>
- Frosch, S., Rittstiegl, A., Balcarek, P., Walde, T. A., Schüttrumpf, J. P., Wachowski, M. M., ... Frosch, K. H. (2012). Bioabsorbable interference screw versus bioabsorbable cross pins: Influence of femoral graft fixation on the clinical outcome after ACL reconstruction. *Knee Surgery, Sports Traumatology, Arthroscopy*, 20(11), 2251–2256. <https://doi.org/10.1007/s00167-011-1875-4>
- Fuss, F. K. 1991. The Restraining Function of the Cruciate Ligaments on Hyperextension and Hyperflexion of the Human Knee Joint \*, 289.
- Goyal, S., Matias, N., Pandey, V. and Acharya, K. (2015). Are pre-operative anthropometric parameters helpful in predicting length and thickness of quadrupled hamstring graft for ACL reconstruction in adults? A prospective study and literature review. *International Orthopaedics*, 40(1), pp.173-181.
- Grawe, B., Williams, P., Burge, A., Voigt, M., Altchek, D., Hannafin, J. and Allen, A. (2016). Anterior Cruciate Ligament Reconstruction With Autologous Hamstring. *Orthopaedic Journal of Sports Medicine*, 4(5), p.232596711664636.
- Hansen, M., Boesen, A., Holm, L., Flyvbjerg, A., Langberg, H. and Kjaer, M. (2012). Local administration of insulin-like growth factor-I (IGF-I) stimulates tendon collagen synthesis in humans. *Scandinavian Journal of Medicine & Science in Sports*, p.n/a-n/a.

Hansen, M., Miller, B. F., Holm, L., Doessing, S., Petersen, S. G., Skovgaard, D. Pingel, J. (2017). Regulation of Protein Metabolism in Exercise and Recovery Effect of administration of oral contraceptives in vivo on collagen synthesis in tendon and muscle connective tissue in young women, 1435–1443. <https://doi.org/10.1152/jappphysiol.90933.2008>.

Ho, SW., Tan, TJ., Lee, KT. 2016. Role of anthropometric data in the prediction of 4-stranded hamstring graft size in anterior cruciate ligament reconstruction. *Acta Orthop Belg* ;82:72–7.

Janssen, R., van der Velden, M., van den Besselaar, M., & Reijman, M. (2015). Prediction of length and diameter of hamstring tendon autografts for knee ligament surgery in Caucasians. *Knee Surgery, Sports Traumatology, Arthroscopy*, 25(4), 1199-1204. doi: 10.1007/s00167-015-3678-5

Järvelä, T. and Siebold, R. (2014). Double-Bundle ACL Reconstruction with Hamstrings. *Anterior Cruciate Ligament Reconstruction*, pp.283-290.

Järvelä, T. (2007). Double-bundle versus single-bundle anterior cruciate ligament reconstruction: A prospective, randomize clinical study. *Knee Surgery, Sports Traumatology, Arthroscopy*, 15(5), 500–507. <https://doi.org/10.1007/s00167-006-0254-z>

Johnson, D. (2004). *The ACL made simple*. New York: Springer.

Kaeding, C. C., Léger-St-Jean, B., & Magnussen, R. A. (2017). Epidemiology and Diagnosis of Anterior Cruciate Ligament Injuries. *Clinics in Sports Medicine*, 36(1), 1–8. <https://doi.org/10.1016/j.csm.2016.08.001>

Kan, S.-L., Yuan, Z.-F., Ning, G.-Z., Yang, B., Li, H.-L., Sun, J.-C., & Feng, S.-Q. (2016). Autograft versus allograft in anterior cruciate ligament reconstruction: A meta-analysis with trial sequential analysis. *Medicine*, 95(38), e4936. <https://doi.org/10.1097/MD.0000000000004936>

- Kannus, P. (2000). Structure of the tendon connective tissue. *Scandinavian Journal of Medicine and Science in Sports*, 10(6), 312–320. <https://doi.org/10.1034/j.1600-0838.2000.010006312.x>
- Kay, J., de SA, D., Karlsson, J., Musahl, V., & Ayeni, O. 2015. Anterior Cruciate Ligament Rupture. *Orthopaedic Journal Of Sports Medicine*, 3(11), 232596711561678. doi: 10.1177/2325967115616783
- Kerimoglu, S., Aynaci, O., Saracoglu, M., Aydin, H., & Turhan, A. U. (2008). [Anterior cruciate ligament reconstruction with the peroneus longus tendon]. *Acta Orthopaedica et Traumatologica Turcica*, 42(1), 38–43.
- Kirkendall, D. T., & Garrett, W. E. (2007). Function and biomechanics of tendons. *Scandinavian Journal of Medicine & Science in Sports*, 7(2), 62–66. <https://doi.org/10.1111/j.1600-0838.1997.tb00120.x>
- Kobayashi, H., Kanamura, T., Koshida, S., Miyashita, K., Okado, T., Shimizu, T., & Yokoe, K. 2010. Mechanisms of the anterior cruciate ligament injury in sports activities: A twenty-year clinical research of 1,700 athletes. *Journal of Sports Science and Medicine*, 9(4), 669–675.
- Leblanc, D., Schneider, M., Angele, P., Vollmer, G. and Docheva, D. (2017). The effect of estrogen on tendon and ligament metabolism and function. *The Journal of Steroid Biochemistry and Molecular Biology*, 172, pp.106-116.
- Lee, R J., Margalit, Adam., Ndyaguba, Afam., Gunderson, Melissa A., Wells, L. 2018. Obesity and recovery of muscle strength after anterior cruciate ligament reconstruction in pediatric patients. *Jour Ortho Surg*;26:
- Loo W et al. 2010. Can we predict ACL hamstring graft sizes in the Asian male? A clinical relationship study of anthropometric features and 4-strand hamstring graft sizes. *Malays Orthop J* 4:9–12. doi:10.5704/MOJ.1007.001
- Ma, C., Keifa, E., Dunn, W., Fu, F., & Harner, C. (2010). Can pre-operative measures predict quadruple hamstring graft diameter?. *The Knee*, 17(1), 81-83. doi: 10.1016/j.knee.2009.06.005

Magnussen, R., Lawrence, J., West, R., Toth, A., Taylor, D. and Garrett, W. (2012). Graft Size and Patient Age Are Predictors of Early Revision After Anterior Cruciate Ligament Reconstruction With Hamstring Autograft. *Arthroscopy: The Journal of Arthroscopic & Related Surgery*, 28(4), pp.526-531.

Marchand, J., Ruiz, N., Coupry, A., Bowen, M. and Robert, H. (2015). Do graft diameter or patient age influence the results of ACL reconstruction?. *Knee Surgery, Sports Traumatology, Arthroscopy*, 24(9), pp.2998-3004.

Mardani-Kivi, M., Karimi-Mobarakeh, M., Mirbolook, A., Keyhani, S., Saheb-Ekhtiari, K., Hashemi-Motlagh, K. and Porteghali, P. (2019). Predicting the Hamstring Tendon Diameter Using Anthropometric Parameters. [online] [Dx.doi.org](http://dx.doi.org/10.22038/abjs.2016.7535). Available at: <http://dx.doi.org/10.22038/abjs.2016.7535>

Miller MD, Thompson SR. *Miller's Review of Orthopaedic* 7th ed. Elsevier. 2016.

Mohtadi, N. G., Chan, D. S., Dainty, K. N., & Whelan, D. B. (2011). Patellar tendon versus hamstring tendon autograft for anterior cruciate ligament rupture in adults. *Cochrane Database of Systematic Reviews*, (9). <https://doi.org/10.1002/14651858.CD005960.pub2>

Murawski, C. D., van Eck, C. F., Irrgang, J. J., Tashman, S., & Fu, F. H. (2014). Operative treatment of primary anterior cruciate ligament rupture in adults. *The Journal of Bone and Joint Surgery. American Volume*, 96(8), 685–694. <https://doi.org/10.2106/JBJS.M.00196>

Netter, F. and Thompson, J. (2010). *Netter's Concise Orthopaedic Anatomy (Concise Orthopaedic Anatomy)*. W B Saunders Company.

Park, S., Oh, H., Park, S., Lee, J., Lee, S. and Yoon, K. (2012). Factors predicting hamstring tendon autograft diameters and resulting failure rates after anterior cruciate ligament reconstruction. *Knee Surgery, Sports Traumatology, Arthroscopy*, 21(5), pp.1111-1118.

Paschos, N. K., & Howell, S. M. (2016). Anterior cruciate ligament reconstruction: principles of treatment. *EFORT Open Reviews*, 1(11), 398–408. <https://doi.org/10.1302/2058-5241.1.160032>

Pereira, R., Karam, F., Schwanke, R., Millman, R., Foletto, Z. and Schwanke, C. (2016). Correlation between anthropometric data and length and thickness of the tendons of the semitendinosus and gracilis muscles used for grafts in reconstruction of the anterior cruciate ligament. *Revista Brasileira de Ortopedia (English Edition)*, 51(2), pp.175-180.

Ramkumar, P. N., Hadley, M. D., Jones, M. H., & Farrow, L. D. (2018). Hamstring Autograft in ACL Reconstruction: A 13-Year Predictive Analysis of Anthropometric Factors and Surgeon Trends Relating to Graft Size. *Orthopaedic Journal of Sports Medicine*, 6(6), 232596711877978. <https://doi.org/10.1177/2325967118779788>

Rudy, Mustamsir, E. and Phatama, K. (2017). Tensile strength comparison between peroneus longus and hamstring tendons: A biomechanical study. *International Journal of Surgery Open*, 9, p.e2.

Saladin, K. (2015). *Anatomy & physiology*. New York: McGraw-Hill.

Sastroasmoro, Sudigdo, Ismael, Sofyan. 2014. *Dasar-dasar Metodologi Penelitian Klinis* Edisi ke-5. Jakarta: Sagung Seto

Shaerf, D. 2014. Anterior cruciate ligament reconstruction best practice: A review of graft choice. *World Journal of Orthopedics*, 5(1), 23. doi: 10.5312/wjo.v5.i1.23

Shen, W., Forsythe, B., Ingham, S. M. N., Honkamp, N. J., & Fu, F. H. (2008). Application of the anatomic double-bundle reconstruction concept to revision and augmentation anterior cruciate ligament surgeries. *Journal of Bone and Joint Surgery - Series A*, 90(SUPPL. 4), 20–34. <https://doi.org/10.2106/JBJS.H.00919>

Siebold, R., Dejour, D. and Zaffagnini, S. (2014). Anterior cruciate ligament reconstruction. Berlin, Heidelberg: Springer Berlin Heidelberg.

Sobotta: atlas anatomi manusia : anatomi umum dan system musculoskeletal / edotor, Friedrich Paulsen dan Jens Waschke ; alih Bahasa, Brahm U. Pedit [et al.] – Ed. 23. – Jakarta : ECG, 2012.

Song, X., Li, Q., Wu, Z., Xu, Q., Chen, D., & Jiang, Q. (2018). Predicting the graft diameter of the peroneus longus tendon for anterior cruciate ligament reconstruction. *Medicine*, 97(44), e12672. doi: 10.1097/md.00000000000012672

Spragg, L., Chen, J., Mirzayan, R., Love, R. and Maletis, G. (2016). The Effect of Autologous Hamstring Graft Diameter on the Likelihood for Revision of Anterior Cruciate Ligament Reconstruction. *The American Journal of Sports Medicine*, 44(6), pp.1475-1481.

Tardioli, A., Malliaras, P., & Maffulli, N. (2012). Immediate and short-term effects of exercise on tendon structure: Biochemical, biomechanical and imaging responses. *British Medical Bulletin*, 103(1), 169–202. <https://doi.org/10.1093/bmb/ldr052>

Teli M, e. (2018). Influence of the diameters of tendon graft and bone tunnel in hamstring ACL reconstruction. A bovine model. - PubMed - NCBI. [online] Ncbi.nlm.nih.gov. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/16681105>

Thomas, S., Bhattacharya, R., Saltikov, J. and Kramer, D. (2012). Influence of anthropometric features on graft diameter in ACL reconstruction. *Archives of Orthopaedic and Trauma Surgery*, 133(2), pp.215-218.

Tortora, G. (2007). Principles of anatomy and physiology. Hoboken, NJ: J. Wiley.

Treme, G., Diduch, D. R., Billante, M. J., Miller, M. D., & Hart, J. M. (2008). Hamstring graft size prediction: A prospective clinical evaluation. *American*

Journal of Sports Medicine, 36(11), 2204–2209.  
<https://doi.org/10.1177/0363546508319901>

Tsai, W. C., Chang, H. N., Yu, T. Y., Chien, C. H., Fu, L. F., Liang, F. C., & Pang, J. H. S. (2011). Decreased proliferation of aging tenocytes is associated with down-regulation of cellular senescence-inhibited gene and up-regulation of p27. *Journal of Orthopaedic Research*, 29(10), 1598–1603.  
<https://doi.org/10.1002/jor.21418>

Tuman, J. M., Diduch, D. R., Rubino, L. J., Baumfeld, J. A., Nguyen, H. S., & Hart, J. M. (2007). Predictors for hamstring graft diameter in anterior cruciate ligament reconstruction. *American Journal of Sports Medicine*, 35(11), 1945–1949. <https://doi.org/10.1177/0363546507304667>

Tutkus, V., Kluonaitis, K., Silove, S. and Tutkuvienė, J. (2017). ACL reconstruction using 5- or 6-strand hamstring autograft provides graft's diameter bigger than 8 mm. *Knee Surgery, Sports Traumatology, Arthroscopy*, 26(5), pp.1349-1356.

Xie, G., Huangfu, X., & Zhao, J. (2012). Prediction of the graft size of 4-stranded semitendinosus tendon and 4-stranded gracilis tendon for anterior cruciate ligament reconstruction: A Chinese Han patient study. *American Journal of Sports Medicine*, 40(5), 1161–1166.  
<https://doi.org/10.1177/0363546511435627>

Zantop, T., Petersen, W., & Fu, F. 2005. Anatomy of the anterior cruciate ligament. *Operative Techniques In Orthopaedics*, 15(1), 20-28. doi: 10.1053/j.oto.2004.11.011