

บรรณานุกรม

- จรัสพิมพ์ ศรีนุญเรือง. (2552). การเปรียบเทียบผลของการฝึกด้วยโปรแกรมควบเบลปอร์ด และโปรแกรมสตาร์อีคช์เดอชั่นต่อความสามารถด้านการทรงตัว ในนักกีฬาที่สูญเสียความมั่นคงของข้อเท้า. วิทยานิพนธ์วิทยาศาสตร์บัณฑิต, สาขาวิทยาศาสตร์การกีฬา, บัณฑิตวิทยาลัย, มหาวิทยาลัยเกษตรศาสตร์.
- จิตรา วงศ์วัฒนาวนันท์. (2537). การพัฒนาฟื้นฟูสภาพนักกีฬาหลังการบาดเจ็บ. ใน กีฬาเวชศาสตร์ กรุงเทพฯ: พี.บี. ฟอร์เนนบุ๊คส์เซนเตอร์.
- ฉบับรวม จิตต์สาร. (2543). การรับรู้ประยุณ์และอุบัติกรรมต่อพฤติกรรมการออกกำลังกายในผู้ป่วยโรคหลอดเลือดหัวใจ. วิทยานิพนธ์พยาบาลศาสตร์บัณฑิต, สาขาการพยาบาลผู้ใหญ่, บัณฑิตวิทยาลัย, มหาวิทยาลัยมหิดล.
- ชนินทร์ ลำช้ำ. (ม.ป.ป.). ข้อเท้าแพลง. วันที่ค้นข้อมูล 23 มิถุนายน 2553, เข้าถึงได้จาก <http://www.thaiarthritis.org/people26.php>
- ณัจราญา ภักดีเจริญฤทธิ์. (2548). ผลการฝึกการทรงตัวด้วยกระดานฝึกการทรงตัวในผู้ที่มีภาวะความไม่มั่นคงของข้อเท้าเรื้อรัง. วิทยานิพนธ์วิทยาศาสตร์บัณฑิต, สาขาวิทยาพลบัณฑิต, บัณฑิตวิทยาลัย, มหาวิทยาลัยมหิดล.
- ธีรวัฒน์ กุลทันนท์. (2536). การปฐมพยาบาลเบื้องต้นจากการบาดเจ็บจากการกีฬา. กรุงเทพฯ: ไทยวัฒนาพาณิช.
- ธีรวัฒน์ กุลทันนท์ และจตุพร ณ นคร. (2534). บาดเจ็บจากการกีฬา collision injury. กรุงเทพฯ: สมบุคกิพ้าเวชศาสตร์แห่งประเทศไทย.
- นงลักษณ์ จาธุรัตน์. (ม.ป.ป.). การรับรู้. วันที่ค้นข้อมูล 20 กรกฎาคม 2554, เข้าถึงได้จาก <http://www.ismed.or.th/SME2/src/upload/Knowledge/118154517466cf2c5a6a8.pdf>
- บรรณาธิการ จักรไพบูลย์, บรรณาธิการ วนดุรงค์วรรณ, ชนินทร์ ลำช้ำ และธีรวัฒน์ กุลทันนท์. (2547). การศึกษาการบาดเจ็บและเจ็บป่วยของนักกีฬามหาวิทยาลัยมหิดล ในการแข่งขันกีฬามหาวิทยาลัยแห่งประเทศไทย ครั้งที่ 31. วารสารสมาคมกีฬาเวชศาสตร์แห่งประเทศไทย, 8(1), 1-7.
- ปราณี รามสูตร. (2545). พฤติกรรมมนุษย์กับการพัฒนาตน. กรุงเทพฯ: สถาบันราชภัฏธนบุรี.

- ปานจิต นามพลกรัง. (2547). ปัจจัยที่สัมพันธ์กับพฤติกรรมการออกกำลังกายของผู้ป่วยโรคหลอดเลือดหัวใจ. *วิทยานิพนธ์พยาบาลศาสตร์บัณฑิต*, สาขาวิชาพยาบาลศาสตร์, คณะพยาบาลศาสตร์, จุฬาลงกรณ์มหาวิทยาลัย.
- พงษ์พินิต ไชยวนิช. (2551). ปัจจัยที่นำพาพฤติกรรมการออกกำลังกายของผู้ป่วยโรคกล้ามเนื้อหัวใจตาย. *วิทยานิพนธ์พยาบาลศาสตร์บัณฑิต*, สาขาวิชาพยาบาลศาสตร์เวชปฏิบัติครอบครัว, คณะพยาบาลศาสตร์, มหาวิทยาลัยบูรพา.
- เลอสันเตอร์ หนูนาโนช. (2547). การฝึกการทรงตัวด้วยเทคนิคสตาร์ท-เคอชชั่น: ผลต่อความมั่นคงของข้อเท้าหลังการเกิดข้อเท้าแพลง. *Journal Medicine Association of Thailand*, 88(4), 90 - 94.
- วัฒนชัย ใจนวณิชย์. (2542). การบาดเจ็บของนักกีฬาอาชีพ. *วารสารเวชศาสตร์สิ่งแวดล้อม*, 1(2), 561-569.
- วิชัย วนดุรงค์วรรณ. (2539). บาดเจ็บจากการกีฬา. ใน กีฬาเวชศาสตร์พื้นฐาน (พิมพ์ครั้งที่ 6). กรุงเทพฯ: สำนักพิมพ์จุฬาลงกรณ์มหาวิทยาลัย.
- วิมลมาศ ประชากุล. (2551). ทฤษฎีความเชื่อมั่นในตนเองทางการกีฬาของนักกีฬาทีมชาติไทยสร้างทฤษฎีจากข้อมูล. *ดุษฎีนิพนธ์วิทยาศาสตร์บัณฑิต*, สาขาวิชาศาสตร์การออกกำลังกายและการกีฬา, คณะวิทยาศาสตร์การกีฬา, มหาวิทยาลัยบูรพา.
- ศิริวัฒน์ ใต้บัวรีชา. (2552). ความสมมาตรของรยางค์ขาขณะทดสอบกระดูกขาเดียว 4 แบบในผู้ที่มีสุขภาพดี นักกีฬาฟุตบอล และนักกีฬาบาสเกตบอล ระดับมหาวิทยาลัย. *วิทยานิพนธ์วิทยาศาสตร์บัณฑิต*, สาขาวิชาภารပำบัດ, บัณฑิตวิทยาลัย, มหาวิทยาลัยมหิดล.
- สมາลี วังชนกร, ชุติมา ผาติธรรมกุล และปราณี คำจันทร์. (2551). ปัจจัยที่มีผลต่อพฤติกรรมการรับประทานยาในผู้ป่วยความดันโลหิตสูง. *สงขลานครินทร์เวชสาร*, 26(6), 539-547.
- สุวิมล ติรakanันท์. (2551). การตรวจสوبคุณภาพของเครื่องมือการวิจัย. ใน การสร้างเครื่องมือวัดตัวแปร ในการวิจัยทางสังคมศาสตร์. กรุงเทพฯ: จุฬาลงกรณ์มหาวิทยาลัย.
- อังศินันท์ อินทรกำแหง. (2552). การปรับเปลี่ยนพฤติกรรมสุขภาพ 3 self ด้วยหลัก PROMISE Model. กรุงเทพฯ: ศุขุมวิท.
- อุมาภรณ์ คงอุไร. (2543). การป้องกันและปฐมพยาบาลการบาดเจ็บทางการกีฬา. กรุงเทพฯ: ดวงกมล.

- Al-Eisa, E. (2010). Indicators of adherence to physiotherapy attendance among Saudi female patients with mechanical low back pain: A clinical audit. *BioMed Center Musculoskeletal disorder*, 11, 124.
- Altmaier, E. M., Russell, D. W., Kao, C. F., Lehmann, T. R., & Weinstein, J. N. (1993). Role of self-efficacy in rehabilitation outcome among chronic low back pain patients. *Journal of Counseling Psychology*, 40, 335-339.
- Bandura, A. (1977a). Self-efficacy: Toward a unifying theory of behavioral change. *Psychology Review*, 8(2), 191-215.
- _____. (1977b) *Social Learning Theory*. New York: General Learning Press.
- Bandura, A. (1992). Exercise of personal agency through the self-efficacy mechanism. In *Self-efficacy: Thought Control of Action* (pp. 3-33). Washington: Taylor & Francis.
- _____. (1997). *The Exercise of Control*. New York: WH. Freeman.
- _____. (2006). Guide for constructing self-efficacy scales. In *Self-efficacy Beliefs of Adolescents*. New York: Information Age Publishing.
- Barbour, K. A., & Miller, N. H. (2008). Adherence to exercise training in heart failure. *Heart Failure Review*, 13(1), 81-9.
- Barlow, J. (2010). Self-efficacy in the context of rehabilitation. In *International encyclopedia of Rehabilitation*. NY: Center for International Rehabilitation Research Information and Exchange (CIRRIE).
- Bassett, S. (2003). The assessment of patient adherence to physiotherapy rehabilitation. *New Zealand Journal of Physiotherapy*, 31(2), 60-66.
- Bassett, S. F., & Papavassiliou, H. (2007) Home-based physical therapy intervention with adherence-enhancing strategies versus clinicbased management for patients with ankle sprains. *Physical Therapy*, 87, 1132-1143.
- _____. (2010). A test of an inheritance enhancing adjust to physiotherapy steeped in the protective motivation theory. In *Physiotherapy Theory and Practice*. n.p.
- Becker, M. H. (1974). The health belief model and personal health behavior. In *Thorofare*. New Jersey: Charles B. Slack.

- Becker, M. H. (1990). Theoretical models of adherence and strategies for improving adherence. In *The Handbook of Health Behavior Change*. New York: Springer Publishing Company.
- Becker, M. H. & Maiman, L. A. (1975, January). Sociobehavioral determinants of Compliance with health and medical care recommendations. *Medical Care*, 13(1), 3-24.
- Becker, M. H., Maiman, L. A., Kirscht, J. P., Haefner, D. P., & Stanisalav, V. (1977). Selected psychosocial models and correlates of individual health-related behaviors. *Medical Care*, 5, 27-46.
- Beneka, A., Malliou, P., Bebetsos, E., Gioftsidou, A., Pafis, G., Godolias, G. (2007). Appropriate counselling techniques for specific components of the rehabilitation plan: A review of literature. In *Physical Training*. n.p.
- Bolkowy, R. L. (2010). *Investigating the effects of modeling and imagery on psychological factors in the context of a hypothetical anterior cruciate ligament injury*. Master thesis, Arts, Queen University, Canada.
- Brewer, B. W. (1994). Review and critique of models of psychological adjustment to athletic injury. *Journal of Applied Sport Psychology*, 6, 87-100.
- Brewer, B. W., van Raalte, J. L., Petitpas, A. J., Sklar, J. H., & Ditmar, T. D. (1995). Cognitive appraisal, emotional adjustment, and adherence to rehabilitation following knee surgery. *Journal of Sport Rehabilitation*, 4(1), 23-30.
- Brewer, B. W., Cornelius, A. E., van Raalte, J. L., Petitpas, A. J., Sklar, J. H., Pohlman, M. H., Krushell, R. J., & Ditmar, T. D. (2000a). Attributions for recovery and adherence to rehabilitation following anterior cruciate ligament reconstruction: A prospective analysis. *Psychology & Health*, 15(2), 283-291.
- Brewer, B. W., Cornelius, A. E., van Raalte, J. L., & Petitpas, A. J. (2000b). Psychological factors, rehabilitation adherence, and rehabilitation outcome after anterior cruciate ligament reconstruction. *Rehabilitation Psychology*, 45, 20-37.

- Brewer, B. W., Cornelius, A. E., van Raalte, J. L., Petitpas, A. J., Sklar, J. H., Pohlman, M. H. et al. (2003). Protection motivation theory and adherence to sport injury rehabilitation revisited. *The Sport Psychologist*, 17, 95-103.
- Brewer, W. (2009). Injury prevention and rehabilitation. In *Sport Injury*. West Sussex: Wiley-Blackwell.
- Brien, D. O. (2010). *Action and coping plans as strategies to improve exercise adherence in people with osteoarthritis of the hip and or knee Joint*. Masters' thesis, Auckland University of Technology, New Zealand.
- Brown, C. (2005) Injuries: The psychology of recovery and rehab. In *The Sport Psychology Handbook*. Champaign, IL: Human Kinetics.
- Buijze, G. A., Richardson, S., & Jupiter, J. B. (2011). Successful reconstruction for complex malunions and nonunions of the tibia and femur. *Journal Bone Joint Surgery America*, 93(5), 485-92.
- Buschbacher, R. M., & Braddom, R. L. (1994). *Sports medicine and rehabilitation: A sport specific approach*. Philadelphia, PA: Hanley & Belfus.
- Byerly, P. N., Worrell, T., Gahimer, J., & Domholdt, E. (1994). Rehabilitation compliance in an athletic training environment. *Journal Athlete Training*, 29(4), 352-5.
- Cano, L. A., Zafra, A. O., Toro, E. O., & Ros, F. E. (2009). Mood states and adherenc to rehabilitation for injured athletes. *Apunts Medicine De L' Esport*, 161, 29-37.
- Chan, D. K., Lonsdale, C., Ho, P. Y., Yung, P. S., & Chan, K. M. (2009). Patients motivation and adherence to post surgery rehabilitation exercise recommendations: The influence of physiotherapist' autonomy – supportive behaviors. *Archives of Physical Medicine and Rehabilitation*, 90, 1977–1982.
- Christakou, A., & Lavallee, D. (2009). Rehabilitation from sports injuries: From theory to practice. *Perspectives in Public Health*, 129(3), 120-126.
- Colaco, H. B., Oussedik, S., Paton, B., & Haddad F. S. (2010). Attitudes to sport and rehabilitation: Influence on outcome following ACL reconstruction. *Injury Extra*, 40(10), 193-193.

- Coppel, D. B. (2010). The role of sport psychology and psychiatry. In *Netter's Sport Medicine* (pp. 65-170). Philadelphia, PA: Saunders Elsevier.
- Cox, R. H., Russell, W. D., & Robb, M. (1999). Comparative concurrent validity of the MRF-L and ARS competitive state anxiety rating scales for volleyball and basketball . *Journal of Sport Behavior*, 22, 62-75.
- Crider, A. B., Goethal, G. R., Kavanaugh, R. D., & Solomon, P.R. (1983). *Psychology*. Glenview, Dallas, Oakland, Palo Alto, Tucker, London: Scott, Foresman and Company.
- Daly, J. M., Brewer, B. W., van Raalte, J. L., Petitpas, A. J., & Sklar, J. H. (1995). Cognitive appraisal, emotional adjustment, and adherence to rehabilitation following knee surgery. *Journal of Sport Rehabilitation*, 4(1), 23-30.
- Daly, J., Sindon, A., Thomson, D., Hancock, K., Chang, E., & Davidson, P. (2002). Barriers to participation in and adherence to cardiac rehabilitation programs: A critical literature review. *Progress in Cardiovascular Nursing*, 17(1), 8–17.
- de Heredia, S., Munoz, R. A., & Artaza, J. L. (2004). The effect of psychological response on recovery of sport injury. *Research in Sport Medicine*, 12, 15-31.
- Denegar, C. R., Hertel, J., & Fonseca, J. (2002). The effect of lateral ankle sprain on dorsiflexion range of motion, posterior talar glide, and joint laxity. *Journal of Orthopedics & Sports Physical Therapy*, 32(4), 166-173.
- Deyle, G. D., Allison, S. C., Matekel, R. L., Ryder, M. G., Stang, J. M., Gohdes, D. D. et al., (2005). Physical therapy treatment effectiveness for osteoarthritis of the knee: A randomized comparison of supervised clinical exercise and manual therapy procedures versus a home exercise program. *Physical Therapy*, 85, 1301-1317.
- Dobkin, P. L., Costa, D. D., Abrahamowicz, M., Dritsa, M., Berger, R. D., Fitzcharles, M. A., & Lowensteyn, I. (2006). Adherence during an individualized home based 12 week exercise program in women with fibromyalgia. *The Journal of Rheumatology*, 33(2), 33 -34.
- Dugan, S. A., & Frontera, W. R. (2000). Muscle fatigue and muscle injury. *Physical Medicine Rehabilitation Clinic*, 11(2), 385-403.

- Emery, K., Brewer, B., Cornelius, A., Raalte, J. V., Brickner, J., Sklar, J., Corsetti, J., Pohlman, M., & Ditmar, T. (2004). Rehabilitation adherence and anterior cruciate ligament reconstruction outcome. *Psychology, Health and Medicine*, 9(13), 163-175.
- Feltz, D., & Lirgg, C. (2001). Self-efficacy beliefs of athletes, teams, and coaches. *Handbook of Sport Psychology* (pp. 340- 361). New York: Wiley.
- Feltz, D., Short, S., & Sullivan, P. (2008). *Self-efficacy in sport: Research and strategies for working with athletes, teams, and coaches*. Champaign, IL: Human Kinetics.
- Fitzgerald, G. K., Axe, M. J., & Snyder-Mackler, L. A. (2000). Decision-making scheme for returning patients to high-level activity with nonoperative treatment after anterior cruciate ligament rupture. *Knee Surgery Sports Traumatology Arthroscopy*, 8, 76-82,
- Flint , F. A. (1992). The psychological effects of modeling in athletic injury rehabilitation. *Dissertation Abstracts International*, 52(8-A), 2856.
- Forkan, R., Pumper, B., Smyth, N., Wirkkala, H., Cirol, M., & Shumway-Cook, A. (2006). Exercise adherence following physical therapy intervention in older adults with impaired balance. *Physical Therapy*, 85(3), 401–410.
- Frankenfield, K. M. (2009). *Health belief model of breast cancer screening for female college students*. Master thesis, Science, Eastern Michigan University.
- Friden, J., & Lieber, R. L. (1998). Segmental muscle fiber lesions after repetitive eccentric contractions. *Cell and Tissue Research*, 293, 165–171.
- Gabbe, B. J., Finch, C. F., Wajswelner, H., & Bennell, K. L. (2004). Predictors of lower extremity injuries at the community level of Australian football. *Clinic of Journal of Sport Medicine*, 14(2), 56-63.
- Gabriel, C. (n.d.). *Functional Testing and Return to Play*. Retrieved January 15, 2012, from: <http://ebookbrowse.com/functional-testing-and-return-to-sport-chris-gabriel-pdf-d76700920>
- Guillodo, Y., LeGoff, A., & Saraux, A. (2011). Adherence and effectiveness of rehabilitation In acute ankle sprain. *Annual of Physical Rehabilitation Medicine*, 54(4), 225-35.

- Guskiewicz, K. M., Bruce, S. L., Cantu, R. C., Ferrara, M. S., Kelly, J. P., McCrea, M., Putukian, M., & Valovich McLeod, T. C. (2004). National athletic trainers' association position statement: Management of sport-related concussion. *Journal of Athletic Training*, 39(3), 280-297.
- Hamson, J. J. (n.d.). *The Female athlete: Predictors of Sport-injury Rehabilitation Adherence*. Retrieved May 19, 2011, from <http://www.weber.edu/wsuir/images/jordanutley/PDF/The%20Elite%20Female%Athlete.pdf>
- Hartel, J., Buckley, W. E., & Denegar, C. R. (2001). Serial testing of postural control after acute lateral ankle sprain. *Journal of Athletes Training*, 36(4), 363-368.
- Hartigan, C., Rainville, J., Sobel, J. B., & Hipona, M. (2000). Longterm exercise adherence after intensive rehabilitation for chronic low back pain. *Medicine and Science in Sports and Exercise*, 32, 551-557.
- Hiatt, D. P., Pedler, M., & Borgan, F. H. (1984). Pattern of perception of health in cardiac patients. *Journal of Psychosomatic Research*, 28(1), 82-92.
- Horne, R., Weinman, J., Barber, N., Elliott, R. A., & Morgan, M. (2006). *Concordance, Adherence and Compliance in Medicine Taking: A Conceptual Map and Research Priorities*. London: National Co - ordinating Centre for NHS Service Delivery and Organisation R & D.
- Houglum, P. A. (2010). *Therapeutic exercise for musculoskeletal injuries* (3rd ed.). Champaign, IL: Human Kinetics.
- Hurley, M. V., Walsh, N., Vanita Bhavnani, V., Britten, N., & Stevenson, F. (2010). Health beliefs before and after participation on an exercised-based rehabilitation program for chronic knee pain: Doing is believing. *BMC Musculoskeletal Disorders*, 11, 31.
- Irvin, R., Iversen, D., & Roy, S. (1998). Rehabilitation following injury. In *Sport Medicine: Prevention, Assessment, Management, and Rehabilitation of Athletics Injuries*. Sudbury, MA: A Viacom Company.

- Itoh, H., Kurosaka, M., Yoshiya, S., Ichihashi, N., & Mizuno, K. (1998). Evaluation of functional deficits determined by four different hop tests in patients with anterior cruciate ligament deficiency. *Knee Surg Sports Traumatol Arthrosc*, 6, 241-245.
- Jack, K., McLean, S. M., Moffett, J. K., & Gardiner, E. (2010). Barriers to treatment adherence in physiotherapy outpatient clinics: A systematic review. *Manual Therapy*, 15(3), 220-8.
- Janz, N. K., Becker, M. H. (1984). The health belief model: A decade later. *Health Education Q*, 11, 1-47.
- Johnson, M., & Stoneman, P. (2007). Comparison of a lateral hop test versus a forward hop test for functional evaluation of lateral ankle sprains. *Journal Foot Ankle Surgery*, 46(3), 162-74.
- Kasl, S. L., & Cobb, K. (1996). Health behavior, ill behavior. *Archives of Environment Health*, 12, 246-61.
- Kocher, M. S., Saxon, H. S., Hovis, W. D., & Hawkins, R. J. (2002). Management and complications of anterior cruciate ligament injuries in skeletally immature patients: Survey of the herodicus society and the ACL study group. *Journal of Pediatr Orthopedics*, 22(4), 452-7.
- Kolt, G. S., & Brewer, B. W. (2007). Psychology of injury and rehabilitation. In *Physical Therapies in Sport and Exercise* (p. 180). Philadelphia, PA: Churchill Livingstone.
- Kolt, G. S., & McEvoy, J. F. (2003). Dherence to rehabilitation in patients with low back pain. *Manaul Therapy*, 8(2), 110-6.
- Krischak, G. D., Krasteva, A., & Schneider, F. (2009). Physiotherapy after volar plating of wrist fractures is effective using a home exercise program. *Arch Physical Medicne & Rehabilitation*, 90, 537-544.
- Langford, J. L., Webster, K. E., & Feller, J. A. (2009). A prospective longitudinal study to assess psychological changes following anterior cruciate ligament re construction surgery. *British Journal of Sports Medicine*, 43, 377-381.

- Ley, P. (1997). *Communicating with Patients: Improving Communication, Satisfaction and Compliance*. Cheltenham, Glos: Stanley Thornes.
- Lenz, E. R., & Shortridge-Baggett, L. M. (2002). *Self-efficacy in Nursing: Research and Measurement Perspectives*. New York: Springer.
- Levy, A. R., Polman, R. C., & Clough, P. J. (2009). Adherence to sport injury rehabilitation programs: An integrated psycho-social approach. *Scandinavian Journal of Medicine & Science in Sports*, 18(6), 798-809.
- Levy, A. R., Polman, R. C., Nicholls, A. R., & Marchant, D. C. (2008). Sport injury rehabilitation: Perspectives of recreation athletes. *International of Sport & Exercise Psychology*, 7, 212-229.
- Linden, B. (1995). Evaluation of a home-based rehabilitation program for patients recovering from acute myocardial infarction. *Intensive and Critical Care Nursing*, 11(1), 10-19.
- Ludwig, E. G., & Adams, S. D. (1968). Patient cooperation in a rehabilitation center: Assumption of the client role. *Journal of Health and Social Behavior*, 9, 328-336.
- Lyngcoln, A., Taylor, N., Pizzari, T., & Baskus, K. (2005). The relationship between adherence to hand therapy and short-term outcome after distal radius fracture. *Journal of Hand Therapy*, 18(1), 2-9.
- Macchi, R., & Crossman, J. (1995). After the fall: Reflections of injured classical ballet dancers. *Journal of Sport Behavior*, 19, 221-234.
- Magee, D. J. (2008). *Orthopedic Physical Assessment: Musculoskeletal Rehabilitation Series* (5th ed.). Mosby, St. Louis: Saunders Elsevier.
- Maibach, E., & Murphy, D. A. (1995). Self-efficacy in health promotion research and practice: Conceptualization and measurement. *Health Education Research*, 10(1), 37-50.
- Makelainen, P., Vehvilainen-Julkunen, K., & Pietila, A. (2008). A survey of rheumatoid arthritis patients self-efficacy. *The Internet Journal of Advanced Nursing Practice*, 9(2), 50-67.

- Mendonza, M., Patel, H., & Bassett, S. (2007). Influences of psychological factors and rehabilitation adherence on the outcome post anterior cruciate ligament injury/surgical reconstruction. *New Zealand Journal of Physiotherapy*, 35(2), 62-71.
- Meichenbaum, D., & Turk, D. C. (1987). *Facilitating Treatment Adherence: A Practitioner's Guidebook*. New York: Plenum Press.
- Milne M, Hall, C. R, & Forwell, L. (2005). Self-efficacy, imagery use, and adherence to rehabilitation by injured athletes. *Journal of Sport Rehabilitation*, 14(2), 150-167.
- Murphy, G. C., Foreman, P. E., Simpson, C. A., Molloy, G. N., & Molloy, E. K. (1992). The development of a locus of control measure predictive of injured athletes' adherence to treatment. *Journal of Science Medicine Sport*, 2, 145–152.
- Niven, A. G. (2007). Rehabilitation adherence in sport injury: Sport physiotherapists' perceptions. *Journal of Sport Rehabilitation*, 16(2), 78-82.
- O' Brien, D. (2010). *Action and coping plans as strategies to improve exercise adherence in people with osteoarthritis of the hip and or knee joint*. Master thesis, Health Science, Physiotherapy, The University of Sydney.
- O'Reilly, S. C, Muir, K. R., & Doherty, M. (1999). Effectiveness of home exercise on pain and disability from osteoarthritis of the knee: A randomised controlled trial. *Annual for rheumatoid*, 58(1), 15-9.
- O'Toole, R., Castillo, R., & MacKenzie, E. (2008). Determinants of patient satisfaction after severe lower-extremity injuries. *Journal of Bone and Joint Surgery*, 90(6), 1206-11.
- Oldridge, N. B., & Streiner, D. L. (1990). The health belief model: Predicting compliance and dropout in cardiac rehabilitation. *Medicine & Science in Sports & Exercise*, 22(5), 678-83.
- Pagnotta, N., Korner-Bitnesky, N., Mazer, B., Baron, M., & Wood-Dauphinee, S. (2005). Static wrist splint use in the performance of daily activities by individuals with rheumatoid arthritis. *The Journal of Rheumatology*, 32, 2136–2143
- Pfeiffer, R. P., & Mangus, B. C. (2008). Concept of sport injury. In *Concept of Athletic Training* (5th ed, pp. 1-19). Sudbury, MA: Jones and Bartlett.

- Pisterset, M. F., Veenhof, C., de Bakker, D. H., Schellevis, F. G., & Dekker, J. (2010). Behavioural graded activity results in better exercise adherence and more physical activity than usual care in people with osteoarthritis: A cluster-randomised trial. *Journal of Physical therapy*, 56(1), 41-7
- Pizzari, T., McBurney, H., Taylor, N. F., & Feller, J. A. (2002). Adherence to anterior cruciate ligament rehabilitation: A qualitative analysis. *Journal of Sport Rehabilitation*, 11, 91–104.
- Quinn, P.C. (1985) Suprathreshold contrast perception as a function of spatial frequency. *Perception and Psychophysics*, 38, 408-414.
- Reiman, M. P., & Manske, R. C. (2009). *Functional Testing in Human Performance*: Champaign, IL: Human Kinetics.
- Rejeski, W. J., Brawley, L. R., Ettinger, W., Morgan, T., & Thompson, C. (1997). Compliance to exercise therapy in older participants with knee osteoarthritis: implications for treating disability. *Mediterranean Science Sports Exercise*, 29, 977-985.
- Rizvi, Gomez, Achaval, J., Kallen, S. D., Cox, M. A., Richardson, V. L., Ng, M. N., Bernard. (2010). The impact of health beliefs on therapeutic adherence in patients with rheumatoid arthritis. *Arthritis Rheumatism*, 62(10), 87.
- Roh, J. L. C. (2001). *Patients satisfaction among injured high school of physical ducation*. Doctoral dissertation, West Virginia University, Morgantown, West Irginia, USA.
- Rosenstock, I. M. (1974). Historical origins of the health belief model. *Health Education Monographs*, 2, 328.
- Rosenstock, M. I., Strecher, V. J., & Becker, M. H. (1988). Social learning theory and ealth belief model. *Health Education Quarterly*, 15(2), 75-138.
- Ross, M. D., Langford, B., & Whelan, P. J. (2002). Test-retest reliability of 4 single-leg horizontal hop tests. *Journal Strength Condition Research*, 16, 617-22.
- Ross, W., Lynne, E., Kieran, E., & Ian, M. (2011). Perceived benefits following sport injury: A qualitative examination of their antecedents and underlying mechanisms. *Journal of Applied Sport Psychology*, 23(2), 142-158.

- Rotella, R. J., & Heyman, S. R. (1986). Stress, injury and the psychological rehabilitation of athletes. In *Applied Sport Psychology: Personal Growth to Peak Performance* (pp. 343-364). Palo Alto, CA: Mayfield.
- Sawkins, K. (2005). *The placebo effect of ankle taping on ankle instability*. Bachelor Degree, Applied science, Physiotherapy, The University of Sydney.
- Schmikli, S. L., Vries, W. R., Inklaar, H., & Back, F. J. (2010). Injury prevention target groups in soccer: Injury characteristics and incidence rates in male junior and senior players. *Journal of Science and Medicine in Sport*, 14(3), 199-203.
- Schneiders, A. G., Zusman, M., & Singer, K. P. (1998). Exercise therapy compliance in low back pain patients. *Manual Therapy*, 3, 147-152.
- Schwarzer, R., & Fuchs, R. (1996). Self-efficacy and health behaviors. In *Predicting Health Behavior: Research and Practice with Social Cognition Models* (pp. 163-196). Buckingham, UK: Open University Press.
- Sirur, R., Richardson, J., Wishart, J., & Hanna, S. (2009). The role of theory in increasing adherence to prescribed practice. *Physiotherapy of Canada*, 6(12), 68-77.
- Sluijs, E., & Knibbe, J. (1991). Patient compliance with exercise: Different theoretical approaches to short-term and long-term compliance. *Patient Education Council*, 17, 191-204.
- Sluijs, E. M., Kok, G. J., & van der Zee, J. (1993). Correlates of exercise compliance in physical therapy. *Physical Therapy*, 73(1), 771-786.
- Stretcher, V., & Rosenstock, I. M. (1997). The health belief model. In *Health Behavior and Health Education: Theory, Research and Practice*. San Francisco: Jossey Bass.
- Taylor, A. H., & May, S. (1996). Threat and coping appraisal as determinants of compliance with sports injury rehabilitation: An application of protection motivation theory. *Journal of Sports Sciences*, 14, 471-482.
- Theodorakis, Y., Maliou, P., Papaioannou, A., Beneca, A., & Filactakidou, A. (1996). The effect of personal goal, self-efficacy, and self-satisfaction on injury rehabilitation. *Journal of Sport Rehabilitation*, 5, 173-183.

- Trojan, T., & McKeag, D. (2006). Single leg balance test to identify risk of ankle sprains. *British Journal Sports Medicine*, 5(12), 610-613.
- Thomee, P. (2007). *Self-efficacy of knee function in patients with an anterior cruciate ligament injury*. Doctoral dissertation, Medicine, Goteborg University, Sahlgrenska Academy, Sweden.
- Thomee, P., Wahrborg, P., Borjesson, M., Thomee, R., Eriksson, B. I., & Karlson, J. (2007a). Self-efficacy, symptoms and physical activity in patients with an anterior cruciate ligament injury: A prospective study. *Scand Journal of Medicine Science Sports*, 17(3), 238-245.
- Thomee, P., Wahrborg, P., Borjesson, M., Thomee, R., Eriksson, B. I., & Karlson, J. (2007b). Determinants of self-efficacy in the rehabilitation of patients with an anterior cruciate ligament injury. *Journal Rehabilitation Medicine*, 39, 486-492.
- Torun, B., & Egil, W. M. (2004). Mood and self-efficacy during acute exercise in clinical Depression: A randomized, controlled study. *Journal of Sport & Exercise Psychology*, 5, 471- 484.
- Vanhoenacker, F., Maas, M., & Gielen, J. L. (2007). Imagine of orthopedic sports injuries. In Springer (p. 452). n.d.
- Vermeire, E., Hearnshaw, H., Van Royen, P., & Denekens, J. (2001). Patient adherence to treatment: Three decades of research. A comprehensive review. *Journal of Clinical Pharmacy and Therapeutics*, 26, 331-342.
- Wadey, R., & Evans, L. (2011). Working with injured athletes: Research and practice. In S. Hanton & S. D. Mellalieu (Eds.), *Professional Practice in Sport Psychology, A Review*. London: Routledge.
- Weinberg, R. S., Gould, D., & Jackson, A. (1979). Expectations and performance: An empirical test of Bandura's self-efficacy theory. *Journal of Sport Psychology*, 1, 320-331.
- Wesch, N., Hall, C., Prapavessis, H., Maddison, R., Bassett, S., Foley, L., Brooks, S., & Forwell, L. (2011). Self-efficacy, imagery use, and adherence during injury rehabilitation. *Scandinavian Journal of Medicine & Science in Sports*, 8(11), 168-173.

- Wiese-Bjornstal, D. M., Smith, A. M., Shaffer, S. M., & Morrey, M. A. (1998). An integrated model of response to sport injury: Psychological and sociological dynamics. *Journal Applied Sport Psychology, 10*, 46-69.
- Wilcox, S., Ananian, C., Abbott, J., Vrazel, J., Ramsey, C., Sharpe, P., & Brady, T. (2006). Perceived exercise barriers, enablers, and benefits among exercising and nonexercising adults with arthritis: Results from a qualitative study. *Arthritis Care & Research, 55*(4), 616-627.
- Williams, S. L., Haskard, K. B., & DiMatteo, M. R. (2008). Patient adherence. In *Behavior Medicine* (pp. 158-162). New York: McGraw Hill.
- World Health Organization. (2003). *Adherence to Long-term Therapies: Evidence for Action*. n.p.