

History and PHYLOSOPHY OF PMT

=> An offshoot from a facultative "NFT"
General school method called
(Oskar & neurologist American Med. Union
1915-1926)

MUDF Hermann Koffat member of neurologist
America 23 June 1885 born in Philadelphia
member of Oskar von Voss. In the 1920s
in Philadelphia, member of the Oskar von Voss
In the 1920s method in Philadelphia called
of education, at this time member of the
member of the Oskar von Voss & Philadelphia
Method in Philadelphia called of the Oskar
Spectrum of the Oskar von Voss

=> Second of PMT

D Mudf. Hermann Koffat member of the
Austria, member of the Oskar von Voss
Salut. Voss member of the Oskar von Voss
Philadelphia 23 June 1885 born in Philadelphia
Member of the Oskar von Voss & Philadelphia
neurologist of the Oskar von Voss & Philadelphia
the of Koffat.

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In the Philadelphia 1920s of Koffat member of
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tujuan dari cara pelaksanaan ini adalah untuk
stabilitas ketegangan tendon
Hal ini bertujuan agar ketegangan tendon
tidak lepas dari individu yang sedang sedang
memanuskrip dan menulis.

⇒ Prinsip-prinsip KRT

1. Untuk beraktivitas saat melakukan pekerjaan
Pusat ketegangan otot haruslah fokus ke ketegangan
otot yang dibutuhkan, agar otot memungkinkannya
untuk bekerja dengan baik.
2. Selama pelaksanaan di masa latihan pekerjaan
KRT ini perlu monitoring ketegangan atau
intensitas menggunakan faktor-faktor pekerjaan PPT
berbeda paling baik ketika pekerjaan di kantin
tersebut.
3. Saat ini juga ketegangan otot, sehingga saat
kemudian di objektifkan.

1. Jadi sebelum melakukan segala bentuk aktivitas
sangat penting untuk melakukan pemanasan
mencegah terbelat akibat ketegangan sebelum
melakukan pekerjaan yang harus benar-benar mantap,
tergantung dari ketegangan tendon otot
mempertahankan bentuk di masa untuk aktivitas
yang lebih berat salah satu caranya adalah dengan
membuat menggunakan suhu yang lebih stabil
mempertahankan suhu otot tubuh. Hal ini penting
untuk memastikan manfaat maksimal diperoleh.

