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TUGAS PNF

Patterns D1 Flexion

Shoulder : Flexsion, Adduksi, Eksorotasi

For arm : Supinasi

Wrist : Radial flexsion

Fingers : Flexsion



Patterns D1 Extention

Shoulder : Extention, Abduksi, Internalrotasi

For arm : Pronasi

Wrist : Ulnar extention

Fingers : Extention



Patterns D2 Flexion

Shoulder: Flexion, Abduksi, Eksternal rotasi

For arm : Supinasi

Wrist : Radial Flexsion

Fingers : Extention



Patterns D2 Extension

Shoulder : Extention, Adduksi, Internal rotasi

For arm : Pronasi

Wrist : Ulnar Extention

Fingers : Flexsion

