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Pola D1 Flexi-Extensi PNF Upper Ekstremiti



D1 Flexi

Shoulder : Flexi : Glenohumeral, acromioclavicular

Abduksi : Scapulothoracal joint

External rotasi : suprahumeral joint

Forearm : Supinasi : Mid radioulnar Joint

Finger : Extensi : PIP-DIP

D1 Extensi

Shoulder : Extensi : Glenohumeral joint

Internal rotasi : Shoulder joint

Abduksi : Scapulothoracal joint

Forearm : Pronasi : Mid radioulnar joint

Finger : Extensi : PIP-DIP



D2 FLEKSI

Sendi dan gerakan :

- Shoulder

Flexi : glenohumeral, acromioclavicular

Eksternal rotasi : suprahumeral joint

Abduksi : scapulothoracal joint

- Forearm

Supinasi : Mid radioulnar joint

- Wrist

Radial deviasi : distal radio ulnar joint

- Finger

Ekstensi : PIP DIP



D2 EKSTENSI

Sendi dan gerakan :

- Shoulder

Extensi : glenohumeral joint

inter rotasi : shoulder joint

Abduksi : scapulothoracal joint

- Forearm

Pronasi : Mid radioulnar joint

- Wrist

ulnar deviasi : distal radio ulnar joint

- Finger

Ekstensi : PIP DIP