

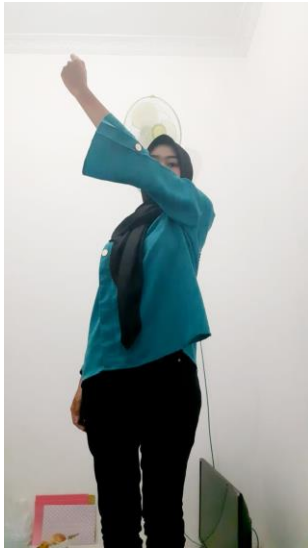
Tugas Teori PNF

Topik Pattern Upper Extremity

Nama : Fitri Nur Annisa

Nim : 1710301033

Kelas 8A4



D1 Flexion

Shoulder FLEX, ADD, ER Forearm – Sup Wrist - Rad. Flexion Fingers – flexion



D1 Ektension

Shoulder EXT, ABD, IR Forearm – Pro Wrist - Ulnar. Extension Fingers – Extension



D2 Flexion

Shoulder FLEX, ABD, ER Forearm – Sup Wrist - Rad. Flexion Fingers - Extension



D2 Extension

Shoulder EXT, ADD, IR Forearm – Pro Wrist - Ulnar ext. Fingers - flexion