

Tugas PNF Pattern Upper Extremity

Aini Rosmaniar Bakri/I1710301116

1. Patterns D1

Flexion Shoulder : Flexsion, Adduksi,
Eksorotasi

For arm : Supinasi

Wrist : Radial flexsion

Fingers : Flexsion



2. Patterns D1 Extention

Shoulder : Extention, Abduksi, Interna
rotasi

For arm : Pronasi

Wrist : Ulnar extention

Fingers : Extention



3. Patterns D2 Flexsion

Shoulder : Flexsion, Abduksi, Eksternal
rotasi

For arm : Supinasi

Wrist : Radial Flexsion

Fingers : Extention



4. Patterns D2 Extention

Shoulder : Extention, Adduksi, Internal
rotasi

For arm : Pronasi

Wrist : Ulnar Extention

Fingers : Flexsion

