

Nama : Indun Lexy Pratiwi

NIM : 1710301084

Kelas : B

### **Tugas Teori PNF**



### **Patterns D1 Flexion**

Shoulder : Flexsion, Adduksi, Eksorotasi

For arm : Supinasi

Wrist : Radial flexsion

Fingers : Flexsion



### **Patterns D1 Extention**

Shoulder : Extention, Abduksi, Internal rotasi

For arm : Pronasi

Wrist : Ulnar extention

Fingers : Extention



### **Patterns D2 Flexsion**

Shoulder : Flexsion, Abduksi, Eksternal rotasi

For arm : Supinasi

Wrist : Radial Flexsion

Fingers : Extention



### **Patterns D2 Extention**

Shoulder : Extention, Adduksi, Internal rotasi

For arm : Pronasi

Wrist : Ulnar Extention

Fingers : Flexsion