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Tugas PNF



D1 Flexion

- Shoulder : Flexion, Adduction, External Rotation
- Forearm : Supination
- Wrist : Rad. Flexion
- Fingers : Flexion



D1 Extension

- Shoulder : Extension, Abduction, Internal Rotation
- Forearm : Pronation
- Wrist : Ulnar Extension
- Fingers : Extension



D2 Flexion

- Shoulder : Flexion, Abduction, External Rotation
- Forearm : Supination
- Wrist : Rad. Flexion
- Fingers : Extension



D2 Extension

- Shoulder : Extension, Adduction, Internal Rotation
- Forearm : Pronation
- Wrist : Ulnar Extension
- Fingers : Flexion