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TUGAS TEORI PNF
TOPIK PATTERN UPPER EXTREMITY.

➤ D1 Flexi



Shoulder flexion, adduction, external rotation

Forearm : Supination

Wrist : Radial flexion

Fingers : flexion

➤ D1 Ekstensi



Shoulder Extension, abduction, internal rotation

Forearm : Pronation

Wrist : Ulnar

extension Fingers : Extension



➤ D1 Flexi

Shoulder Extention, adduction, internal rotation

Forearm : Pronation

Wrist : Ulnar extention.

Fingers : flexion

➤ D2 Ekstensi



Shoulder Flexion, Abduction, External rotation

Forearm : Supination

Wrist : Radial Flexion

Fingers : Extension