**Tugas PNF**

Nama : Farida sabban  
Nim : 1710301057 **D1 Flexion dan Extension :**

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**D1 Extension**

Shoulder EXT, ABD, IR

Forearm - Pro

Wrist - Ulnar. extension

Fingers - Extension

**D1 Flexion**

Shoulder FLEX, ADD, ER

Forearm - Sup

Wrist - Rad. Flexion

Fingers - flexion

**D2 Flexion dan Extension :**

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**D2 Extension**

Shoulder EXT, ADD, IR

Forearm - Pro

Wrist - Ulnar ext.

Fingers - flexion

**D2 Flexion**

Shoulder FLEX, ABD, ER

Forearm - Sup

Wrist - Rad. Flexion

Fingers - Extension