PATTERN PNF UPPER EXTRIMITY

DIAGONAL 1

1st Flexion Upper Extrimity

shoulder : flexion
external rotation
adduction
Forearm : supination
Wrist : radial deviation
Fingers : flexion

1st Extension Upper Extrimity

shoulder : extension
internal rotation
abduction
Forearm : pronation
Wrist : ulnar deviation
Fingers : extension

DIAGONAL 2

2nd Flexion Upper Extrimity

shoulder : flexion
external rotation
abduction
Forearm : supination
Wrist : radial deviation
Fingers : extension

2nd Extension Upper Extrimity

shoulder : extension
internal rotation
adduction
Forearm : pronation
Wrist : ulnar deviation
Fingers : flexion