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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 Flexion

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

