Nama : Zakiyuddin Fathoni

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Teori Tugas PNF

1. D1 Flekxi

 Shoulder flexion, adduction, external rotation

 Forearm : Supination

Wrist : Radial flexion

Fingers : flexion

1. D1 Ekstensi

Shoulder Extension, abduction, internal rotation

Forearm : Pronation

Wrist : Ulnar extension

 Fingers : Extension

1. D1 Fleksi

Shoulder Extention, adduction, internal rotation

Forearm : Pronation

Wrist : Ulnar extention.

 Fingers : flexion

1. D2 Ekstensi

Shoulder Flexion, Abduction, External rotation

Forearm : Supination

 Wrist : Radial Flexion

Fingers : Extension