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