

Tugas PNF

Pattern Upper Extremity

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1. Patterns D1

Flexion Shoulder : Flexsion, Adduksi, Eksorotasi

For arm : Supinasi

Wrist : Radial flexsion Fingers : Flexsion



2. Patterns D1 Extention

Shoulder : Extention, Abduksi, Internal rotasi

For arm : Pronasi

Wrist : Ulnar extention Fingers : Extension



3. Patterns D2 Flexsion

Shoulder : Flexsion, Abduksi, Eksternal rotasi

For arm : Supinasi

Wrist : Radial Flexion Fingers : Extension



4. Patterns D2 Extention

Shoulder : Extention, Adduksi, Internal rotasi

For arm : Pronasi Wrist : Ulnar Extention

Fingers : Flexsion

