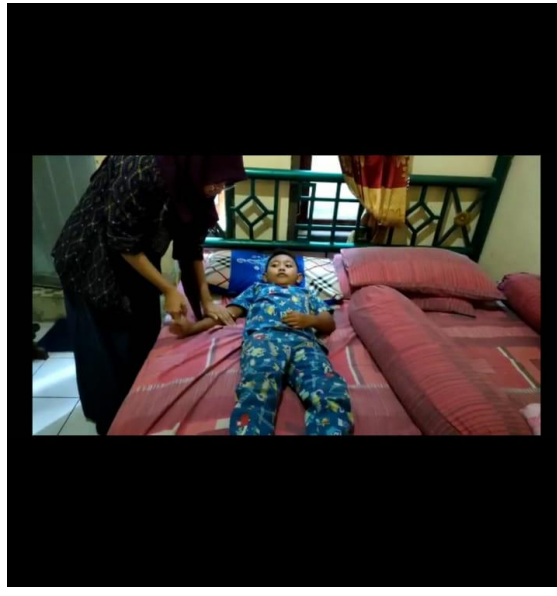
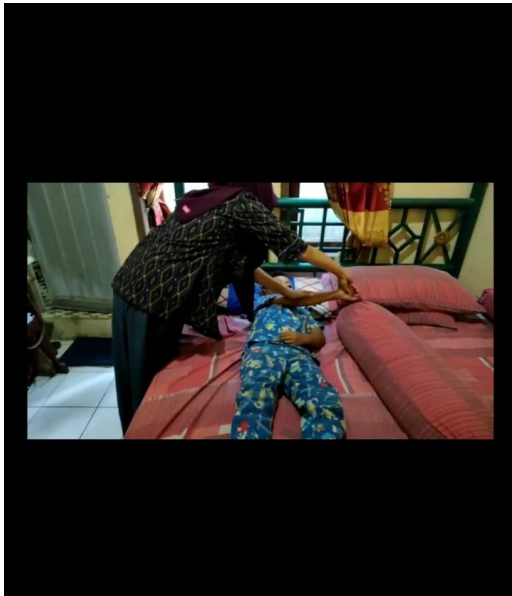


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## Tugas pnf

PNF Upper D1 D2 ( Fleksi – Ekstensi )

### D1 FLEXI EKSTENSI



#### 1. D 1 Flexion

Shoulder : Fleksi, Abduksi, Eksternal

Elbow : Supinasi

Wrist : Radial, Fleksi

Fingers : Flexi

#### 2. D1 Extension

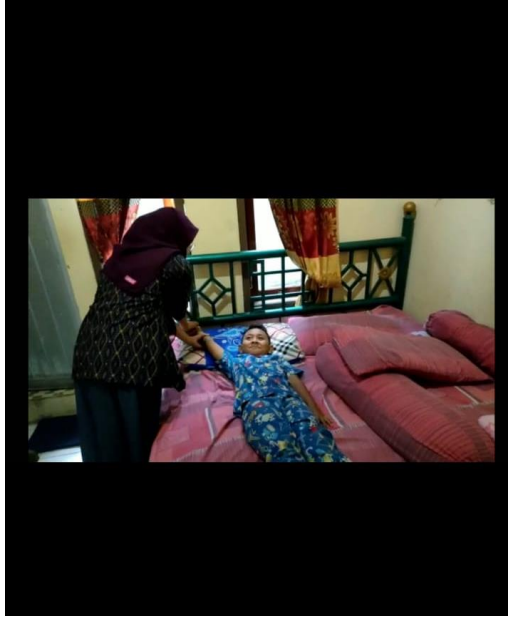
Shoulder : ekstensi, abduksi, internal rotasi

Elbow : pronasi

Wrist : ulnar, ekstensi

Fingers : ekstensi

D2 (FLEXI EKSTENSI)



- 1) D 2 Flexion
  - Shoulder : Fleksi, Abduksi, Eksternal Rotasi
  - forearm : Supinasi
  - Wrist : Radial, Fleksi
  - Fingers : Ekstensi
- 2) D 2 Extension
  - Shoulder : Ekstensi, Abduksi, Internal Rotasi
  - Forearm : Pronasi
  - Wrist : Ulnar, Ekstensi
  - Fingers : Ekstensi