

Rabu, 16 Juni 2021; 15.30 WIB


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Tugas teori PNF topik Upper Extremity

1. Diagonal One

<b>D1 Flexion</b>	<b>D1 Extension</b>
<p>Shoulder: Flexion, Adduction, External rotation</p> <p>Forearm: Supination</p> <p>Wrist: Radial flexion</p> <p>Fingers: Flexion</p> 	<p>Shoulder: Ekstension, Abduction, Internal rotation</p> <p>Forearm: Pronation</p> <p>Wrist: Ulnar ekstensi</p> <p>Fingers: Ekstensi</p> 

2. Diagonal Two

<b>D2 Flexion</b>	<b>D2 Extension</b>
Shoulder: Flexion, Abduction, External rotation Forearm: Supination Wrist: Radial flexion Fingers: Extension	Shoulder: Extension, Adduction, Internal rotation Forearm: Pronation Wrist: Ulnar Extension Fingers: Flexion
