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Kelas : 8C Fisioterapi

Tugas Teori PNF Upper Ext

1. D1 Flexion

- Shoulder : Flexion, adduction, external rotation
- Forearm : Supination
- Wrist : Radial Flexion
- Fingers : Flexion



2. D1 Extension

- Shoulder : Extension, abduction, internal rotation
- Forearm : Pronation
- Wrist : Ulnar Extension
- Fingers : Extension



3. D2 Flexion

- Shoulder : Flexion, abduction, external rotation
- Forearm : Supination
- Wrist : Radial flexion
- Fingers : Extension



4. D2 Extension

- Shoulder : Extension, adduction, internal rotation
- Forearm : Pronation
- Wrist : Ulnar extension
- Fingers : Flexion

