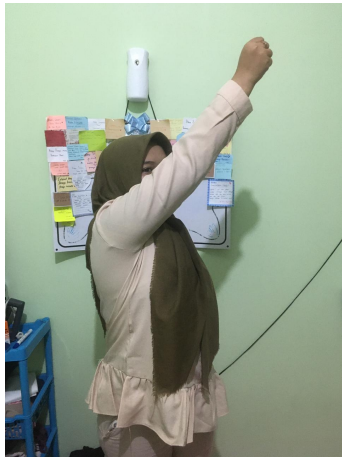


NAMA : Riska Febrianto Salehah
NIM : 1710301173
KELAS : 8C
TUGAS : TEORI PNF (UPPER EXT)

1. Diagonal 1 (Flexion)



- Shoulder : Flexion, add, ext Rotasi
- Forearm : Supinasi
- Wrist : Radial Flexi (mengepal)
- Fingers : Flexi

2. Diagonal 1 (Extension)



- Shoulder : Ekstensi, abd, internal rotation
- Forearm : Pronasi
- Wrist : Ulnar Extension
- Fingers : Extension

3. Diagonal 2 (Fleksi)



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

4. Diagonal 2 (Ekstensi)



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

TERIMAKASII BUU <3