

NAMA : HAURA ULYA AQILA

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KELAS : 8C FISIOTERAPI

MODUL : PNF

1. DIAGONAL 1

D1 Flexion

Shoulder : Flexion, Adduction, Eksternal rotasi

Forearm : Supinasi

Wrist : Radial, Flexion

Fingers : Flexion

D1 Extension

Shoulder : Extension, Abduction, Internal rotasi

Forearm : Pronasi

Wrist : Ulnar, Extension

Finger : Extension



2. DIAGONAL 2

D2 Flexion

Shoulder : Flexion, Abduction, External rotation

Forearm : Supinasi

Wrist : Radial, Flexion

Fingers : Extension

D2 Extension

Shoulder: Extension, Abduction, Internal rotation

Forearm : Supinasi

Wrist : Ulnar, Extension

Fingers : Extension



