Nama : Adinda Riyan Puspita

NIM : 1710301040

Kelas : 8A

* D1 Flexion :
  + Shoulder FLEX, ADD, ER
  + Forearm – sup
  + Wrist – Rad. Flexion
  + Fingers – flexion
* D2 Extension :
  + Shoulder EXT, ADD, IR
  + Forearm – Pro
  + Wrist – Ulnar ext.
  + Fingers – flexion
* D2 Flexion :
  + Shoulder FLEX, ABD, ER
  + Forearm – Sup
  + Wrist – Rad. Flexion
  + Fingers – Extension
* D1 Extension :
  + Shoulder EXT, ABD, IR
  + Forearm – Pro
  + Wrist – Ulnar. Extension
  + Fingers – Extension



Diagonal one :

1. F-ADD-ER
2. E-ABD-IR

 

Diagonal two :

1. F-ABD-ER
2. E-ADD-IR