



D1 Flexion

- >Shoulder Flexion, Adduction, Eksternal Rotation**
- >Forearm - Supination**
- >Wrist - Radial Flexion**
- >Fingers - Flexion**



D1 Extension

- >Shoulder Extension, Abduction, Internal Rotation**
- >Forearm - Pronation**
- >Wrist - Ulnar Extension**
- >Fingers - Extension**



D2 Flexion

- >Shoulder Flexion, Abduction, Eksternal Rotation**
- >Forearm - Supination**
- >Wrist - Radial Flexion**
- >Fingers - Extension**



D2 Extension

- >Shoulder Extension, Adduction, Internal Rotation**
- >Forearm - Pronation**
- >Wrist - Ulnar Extension**
- >Fingers - Flexion**