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**D1 Flexion**

Shoulder flexi, adduksi, External rotasi

Elbow : Supinasi

Wrist : radial flexion

Fingers : flexion

**D1 Extension**

Shoulder Extension, abduksi, internal rotasi

Elbow : Pronasi

Wrist : ulnar extension

Fingers : Extension

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**D2 Flexion**

Shoulder flexion, abduksi, External rotasi

Elbow : supinasi

Wrist : Radial flexion

Fingers : flexion



**D2 Extension**

Shoulder Extension, adduksi, internal rotasi

Elbow : pronasi

Wrist : ulnar extension

Fingers : Flexion