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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 :

3. F-ABD-ER
4. E-ADD-IR