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D1 fleksi

Shoulder flexion, adduction, external rotation

Forearm - Supination

Wrist - Radial flexion

Fingers - flexion

D1 ekstensi

Shoulder Extension, abduction, internal rotation

Forearm - Pronation

Wrist - Ulnar extension

Fingers - Extension

Diagonal 1 Fleksi



Diagonal 1 ekstensi



Shoulder Extention, adduction, internal rotation
Forearm - Pronation
Wrist - Ulnar extention.
Fingers - flexion

D2 Flexion
Shoulder Flexion, Abduction, External rotation
Forearm - Supination
Wrist - Radial Flexion
Fingers - Extension

Diagonal 1 fleksi



Diagonal 2 ekstensi

