



D1 FLEXION
SHOULDER FLEX, ADD, ER.
FOREARM SUP
WRIST-RAD, FLEXION
FINGERS-FLEXION



D1 EXTENSION
SHOULDER EXT, ABD, IR
FOREARM-PRO
WRIST-ULNAR, EXTENSION
FINGERS-EXTENSION



D2 FLEXION
SHOULDER FLEX, ABD, ER
FOREARM-SUP
WRIST-RAD, FLEXION
FINGERS-EXTENSION



D2 EXTENSION
SHOULDER EXT, ADD, IR
FOREARM-PRO
WRIST-ULNAR EXT
FINGERS -FLEXION