

### **D1 Flexion**

Shoulder FLEX, ADD,ER  
Forearm-Sup  
Wrist - Rad. Flexion  
Fingers-flexion



### **D2 Flexion**

Shoulder FLEX, ABD,ER  
Forearm-Sup  
Wrist - Rad. Flexion  
Fingers-extension



### **D2 Extension**

Shoulder EX, ADD,IR  
Forearm-PRO  
Wrist - Ulnar.  
Extension  
Fingers-flexion



### **D1 Extension**

Shoulder EX, ABD,IR  
Forearm-Sup  
Wrist - Ulnar. Extension  
Fingers-extension

