

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

