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Kelas : 8b fisioterapi



**D1 Flexion**

* Shoulder

Flexion, Adduction , Eksternal Rotation

* Forearm
* Supination
* Wrist – Radial Flexion
* Fingers – Flexion



**D1 Extension**

* Shoulder extension , Abduction , Internal Rotation
* Forearm, Pronation
* Wrist , Ulnar extension
* Fingers , extension



**D2 Flexion**

* Shoulder Flexion , Abduction Ekternal Rotation
* Forearm , Supination
* Wrist , Radial Flexion
* Finger , Extension



**D2 Ekstension**

* Shoulder Ektension , Adduction Internal rotation
* Forearm , Pronation
* Wrist , Ulnar ektension
* Fingers , Flexion