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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 Ekstension , Adduction Internal rotation
- Forearm , Pronation
- Wrist , Ulnar ekstension
- Fingers , Flexion

