



### **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