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D1 Flexion

Shoulder: Flexion, adduction, external
rotation

Forearm: Supination

Wrist: Radial flexion

Finger : flexion



D1 Extension

Shoulder: Extension, abduction, internal
rotation

Forearm: Pronation

Wrist: Ulnar extension

Fingers: Extension



D2 Flexion

Shoulder: Flexion, abduction, external rotation

Forearm: Supination

Wrist: Radial flexion

Fingers: Extension



D2 Extension

Shoulder: Extension, adduction, internal rotation

Forearm: Pronation

Wrist: Ulnar extension

Fingers: Flexion

