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**D1 Flexion**

**Shoulder: Flexion, adduction, external  
rotation**

**Forearm: Supination**

**Wrist: Radial flexion**

**Fingers: Flexion**



### **D1 Extension**

**Shoulder: Extension, abduction, internal rotation**

**Forearm: Pronation**

**Wrist: Ulnar extension**

**Fingers: Extension**



**D2 Extension**

**Shoulder: Extension, adduction, internal rotation**

**Forearm: Pronation**

**Wrist: Ulnar extension**

**Fingers: Flexion**



**D2 Flexion**

**Shoulder: Flexion, abduction, external rotation**

**Forearm: Supination**

**Wrist: Radial flexion**

**Fingers: Extension**