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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 FLEXION

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

**Forearm:** Supination

**Wrist:** Radial flexion

### D2 EXTENSION

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

**Forearm:** Pronation

**Wrist:** Ulnar extension

**Fingers: Extension**



**Fingers: Flexion**

