

## Diagonal 1



**1st flexion upper extremity**  
**shoulder: flexion external rotation adduction**  
**forearm: supination**  
**wrist: radial deviation**  
**finger: flexion**

**2nd flexion upper extremity**  
**shoulder: flexion external rotation abduction**  
**forearm: supination**  
**wrist: radial deviation**  
**finger: extension**

## Diagonal 2



**1st extension upper extremity**  
**shoulder: extension internal rotation abduction**  
**forearm: pronation**  
**wrist: ulnar deviation**  
**finger: extension**

**2nd extension upper extremity**  
**shoulder:**  
**extension internal rotation adduction**  
**forearm: pronation**  
**wrist: ulnar deviation**  
**finger: flexion**

