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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

Fingers: Extension



D2 Extension

Shoulder: Extension,
adduction, internal rotation

Forearm: Pronation

Wrist: Ulnar extension

Fingers: Flexion