

D1 flexion:
shoulder: flexi, adduksi,
external rotasi
Forearm: supinasi
wrist: radial flexi
fingers: flexi



D1 extention:
shoulder: extensi, abduksi,
internal rotasi
Forearm: pronasi
wrist: ulnar extensi
fingers: extensi



D2 flexion:
shoulder: flexi, abduksi,
external rotasi
Forearm: supinasi
wrist: radial flexi
fingers: extensi



D2 extention:
shoulder: extensi, adduksi,
internal rotasi
Forearm: pronasi
wrist: ulnar extensi
fingers: flexi

