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### **D1 Flexion**



Shoulder FLEX,ADD,ER

Forearm – Sup

Wrist – Rad Flexion

Fingers – Flexion

### **D2 Extension**



Shoulder EXT,ADD,IR

Forearm - Pro

Wrist – Ulnar ext

Fingers – flexion

### **D1 Extension**



### **D2 Flexion**



Shoulder EXT,ABD,IR

Forearm – Pro

Wrist – ulnar extension

Fingers – Extension

Shoulder FLEX,ABD,IR

Forearm – Sup

Wrist – Rad, Flexion

Fingers - Extension