Summary of joint position for both sessions (Wrist or MCP flexion) and lateral views at neutral position. For wrist conditions exclusively, the wrist angle was modified between -30° and 60° (180° corresponds to full flexion). For MCP conditions, the wrist and MCP angles were changed to test the largest articular amplitude. The MCP angle varied between 0° and 40°, and wrist angle varied between -30° and 20° in stretched and shortened conditions, respectively.