

MYOKINEMATIC RESTORATION – Review Guide

TERMS & SUBJECTS

- FA (Femur moving on the acetabulum)
- AF (Acetabulum moving on the femur)
- Left AIC (Left Anterior Interior Chain Pattern)
- FA IR (Femoral Acetabular Internal Rotation)
- AF IR (Acetabular Femoral Internal Rotation)
- Hemilordosis
- Opposition: Force Couples
- Mechanics of SI joint
- IC Adductor (Ischiocondylar portion of the adductor magnus)

LOWER HALF EXAM TESTS

(Available on our website, www.posturalrestoration.com. Click “courses” then “Myokinematic Restoration” then “course notes”.)

- Adduction Drop Test
- Extension Drop Test
- Lower Trunk Rotation Test
- Hruska Adduction Lift Test
- Hruska Abduction Lift Test

ANATOMY

Muscular Structures of the Pelvis

- Internal & External Femoral Rotators
- Lower Half Pelvic Musculature (Gluteus Maximus, Levator Ani, Coccygeus, Pubococcygeus, Adductors, Obturators)
- Upper Half Pelvic Musculature (Piriformis, Gluteus Maximus, TFL, Psoas)

Ligaments

- Sacroiliac Ligaments (anterior/posterior)
Posterior ligaments: Interosseous, Long Dorsal, Sacrotuberous
Anterior ligaments: Iliolumbar, Sacrospinous
- Femoral Acetabular Ligaments: Iliofemoral, Pubofemoral, Ischiofemoral

RECOMMENDED READING:

Articles can be found at www.posturalrestoration.com. Click on “Resources” then “Articles”.

Hruska, R. Pelvic stability influences lower extremity kinematics. Biomechanics, June 1998.

Dowling R, Hruska R. Hamstring injuries require triplanar assessment. Biomechanics, Feb 2003.