



## Myokinematic Functional Relationships

- + L Add    ➡    + L Ext  
                  ➡    - L Ext (*iliofemoral / pubefemoral laxiety*)
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- ➡    Limited R TR  
 ➡    Non-Limited R TR (*Right iliolumbar laxiety*)
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- ➡    ↓ L Leg Length  
 ➡    ↑ L Leg Length (*Ilio-femoral / pubefemoral laxiety, anterior capsule hypermobility or posterior capsule hypomobility; usually associated with increased Left FA IR*)
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- ➡    ↓ L SLR [*Proximal attachment site of hamstring group is more forward and elevated secondary to anterior rotation of innominate*]  
 ➡    ↑ L SLR (*Long, neuromuscularly weak, hypotonic, overly stretched “inactive” hamstring group*)
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- ➡    ↓ L IR (*Overactive Left TFL, Left FA ER’s and restrictive/tight posterior capsule secondary to Left AF ER osseous position*)  
 ➡    ↓ R ER (*Overactive Right adductors, Right FA IR’s and impingement of femoral head on anterior superior and medial acetabular cotyloid rim upon FA ER secondary to Right AF IR osseous position*)

+ R Add ➡ + L Add [*Posterior Exterior Chained patient, PEC*]

+ L Ext ➡ + L Add  
 + R Ext ➡ + R Add

L AF IR = R AF ER  
 R AF IR = L AF ER

<b>KEY:</b>				
L = Left	R = Right	B = Bilateral	+ = Positive Test	- = Negative Test
<b>Add</b> = Adduction Drop Test		<b>SLR</b> = Straight Leg Raise		<b>AF IR</b> = Acetabular Femoral Internal Rotation
<b>Ext</b> = Extension Drop Test		↑ = Increased		<b>AF ER</b> = Acetabular Femoral External Rotation
<b>TR</b> = Trunk Rotation Test		↓ = Decreased		<b>FA IR</b> = Femoral Acetabular Internal Rotation
( ) = <i>Patho Compensatory Issues</i>		[ ] = Note		<b>FA ER</b> = Femoral Acetabular External Rotation