



## DESIRABLE “REAL ESTATE” FOR REPOSITIONING

- 1) Hamstrings (sagittal)
- 2) Ischiocondylar Adductor (frontal)
- 3) Gluteus maximus (transverse)

## DESIRABLE “REAL ESTATE” FOR ACETABULAR (HOLE) CONTROL

- |  |   |                       |
|--|---|-----------------------|
| 1) Gluteus Maximus (pulls femur into acetabulum)           | } | 1 <sup>st</sup> Piton |
| 2) Obturator (pulls acetabulum onto femur)                 |   |                       |
| 3) *Gluteus medius / minimus (pulls acetabulum onto femur) | } | 2 <sup>nd</sup> Piton |
| 4) *Iliacus (pulls femur into acetabulum)                  |   |                       |
| 5) Adductors   | } | Last Piton            |
| 6) Gravity   |   |                       |

\*These two muscles secure the acetabulum via attachment at lesser and greater trochanters with innominate bone serving as a ‘direct’ attachment to each other.

## DESIRABLE POSITIONS: LEFT AF IR & RIGHT AF ER

Working to achieve L AF IR / R AF ER and maximizing opportunities to develop motor control in this position reduces further developmental, compensatory L AIC patterning. Strategies on how to acquire this desirable pattern and restore a balance between the L AIC (R AF IR / L AF ER) and R AIC (L AF IR / R AF ER) are offered by the Postural Restoration Institute.

\*Means the patient’s weight is on this lower extremity (stance).

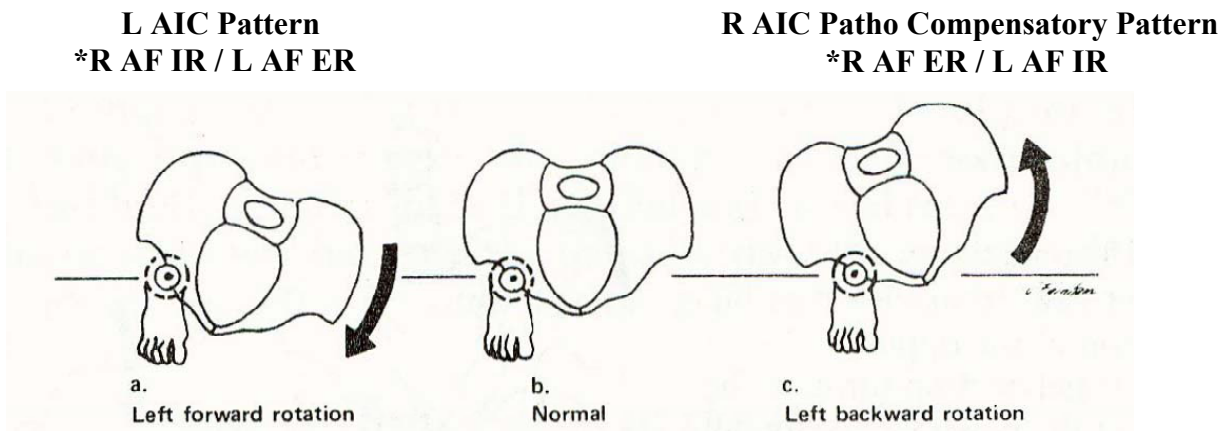


Figure from Norkin, C and Levangie, P: Joint Structure and Function: A Comprehensive Analysis, Ed 2, FA Davis, Philadelphia, p 314, pending permission



## PATTERN VS. POSITION

<b>R AIC Pattern</b>	Describes an individual that is neuro-mechanically oriented in a position of left AF IR and has most of their body weight distributed through their left lower extremity.
<b>L AIC Pattern</b>	Describes an individual that is neuro-mechanically oriented in a position of right AF IR and has most of their body weight distributed through their right lower extremity.
<b>“Stance”</b>	Describes the lower extremity that most of the body weight is distributed on or shifted to (i.e. standing on left leg = left stance)
<b>“Position”</b>	Describes either active or passive non-movement orientation of proximal segment to distal segment (i.e. left lower extremity is in AF IR = left AF IR).

### PRI STANCE MYOKINEMATIC PATTERNS RELATING TO ACETABULAR FEMORAL POSITIONS

Left Stance in Left AF IR position = Right AIC Pattern

Right Stance in Right AF IR position = Left AIC Pattern

Left Stance in Right AF ER position = Right AIC Pattern

Right Stance in Left AF ER position = Left AIC Pattern