



Postural Respiration Functional Relationships

+ L Add **➡** **+ L Ext**
 ➡ **- L Ext** (*Iliofemoral / pubefemoral laxiety*)

➡ **Limited R TR**
➡ **Non-Limited R TR** (*RIGHT iliolumbar laxiety*)

+ R Add **➡** **+ L Add**

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

L AIC **➡** **R BC**
 ➡ **B BC**
 ➡ **No BC Pattern**

PEC **➡** **+ L Add and + R Add**

R BC **➡** **↓ R HG IR**
 ➡ **↓ L HG H ABD**
 ➡ **↓ L HG FLEX**
 ➡ **Full R HG IR** (*Possible superior labrum anterior & posterior lesions "SLAP", diagnosis needs scope confirmation; subscap weakness*)
 ➡ **Full L HG FLEX** (*LEFT multidirectional instability*)
 ➡ **Full L HG ABD** (*RIGHT costoclavicular hypermobility or LEFT anterior shoulder instability*)

L BC **➡** **↓ L and R HG IR**
 ➡ **↓ L and R HG H ABD**
 ➡ **↓ L and R HG FLEX**

KEY:			
L = Left	+ = Positive Test	Add = Adduction Drop Test	HG =Humeral-Glenoid
R = Right	- = Negative Test	Ext = Extension Drop Test	IR = Internal Rotation
B = Bilateral	↓ = Decreased	TR = Trunk Rotation Test	Flex = Flexion
H ABD = Horizontal Abduction		() = Patho Compensatory Issue	