

# 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 online at [www.posturalrestoration.com](http://www.posturalrestoration.com) click on “educational resources” 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:

Hruska, R. Pelvic stability influences lower extremity kinematics. *Biomechanics*, June 1998. Full text available online at: [http://www.biomech.com/db\\_area/archives/1998/9806kinetic.23-29.bio-.html](http://www.biomech.com/db_area/archives/1998/9806kinetic.23-29.bio-.html)

Dowling R, Hruska R. Hamstring injuries require triplanar assessment. *Biomechanics*, Feb 2003. Full text available online at:

[http://www.biomech.com/db\\_area/archives/2003/0302.rehabilitation.bio.shtml](http://www.biomech.com/db_area/archives/2003/0302.rehabilitation.bio.shtml)