

### The Right Side

- Right innominate is positioned in a state of AF extension, adduction and IR with positional femoral activity.
- Efforts to restore correct AF position and rehabilitate AF and FA activities on the right side should include flexion, abduction and ER.

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### Tests:

- 1- Adduction Drop Test
- 2- Extension Drop Test
- 3- Straight Leg Raise
- 4- Functional Squat Test

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### Adduction Drop Test



*Left: Positive Test*



*Right: Negative Test*

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### Extension Drop Test



*Left: Positive Test*



*Right: Negative Test*

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### Straight Leg Raise



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### Functional Squat Test

**LEVEL → 1**

Ability to initiate a squat by slightly bending knees while trunk remains in flexion

Inability reflects lack of posterior pelvic rotation and hyperactive back extensors




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**LEVEL → 2**

Ability to begin squatting, moving bottom back and knees forward while trunk remains in flexion

Inability reflects lack of femoral adduction, hyperactive hip flexors, and overactive FA ER's




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**LEVEL → 3**

Ability to squat bringing bottom below knee level while keeping heels down and trunk flexed

Inability reflects tight intercostals and hyperactive anterior / posterior tibialis




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**LEVEL → 4**

Ability to squat keeping heels down, trunk flexed and bottom to heels

Inability reflects hyperactive quads and gastroc-soleus




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**LEVEL → 5**

Ability to maximally squat keeping heels down and trunk flexed while keeping center of gravity through heels

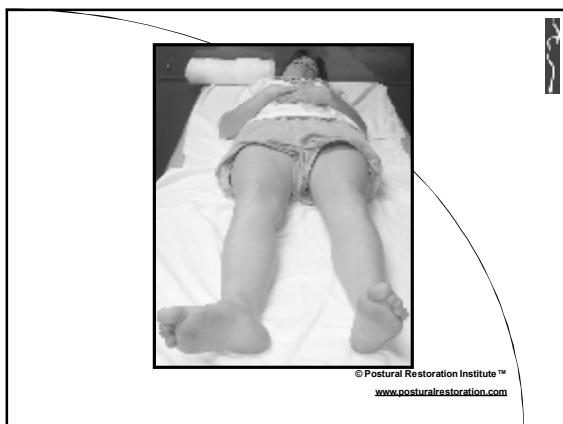
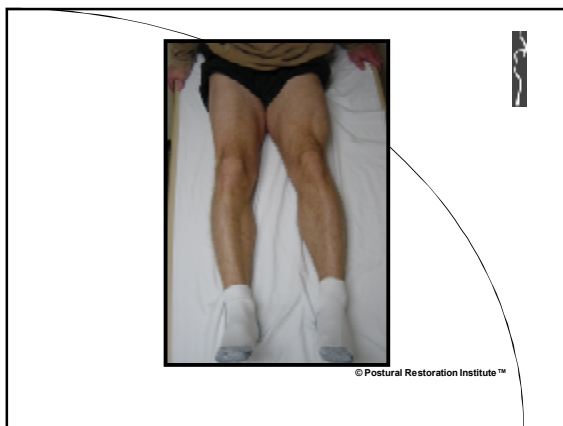
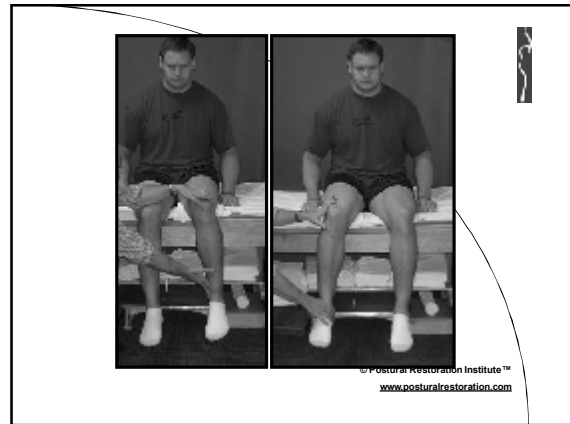
Inability reflects lack of maximal AF IR and synchronized mechanics of diaphragm and pelvic floor respiration

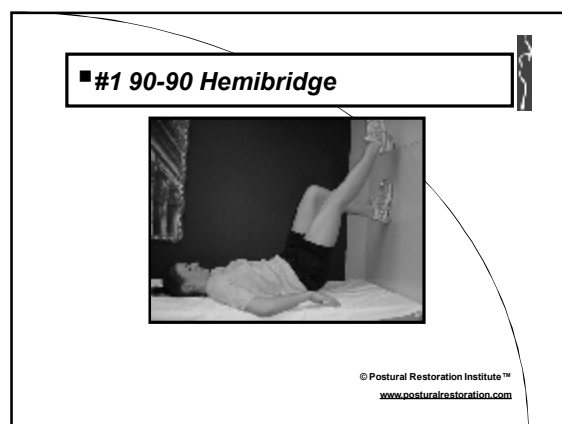
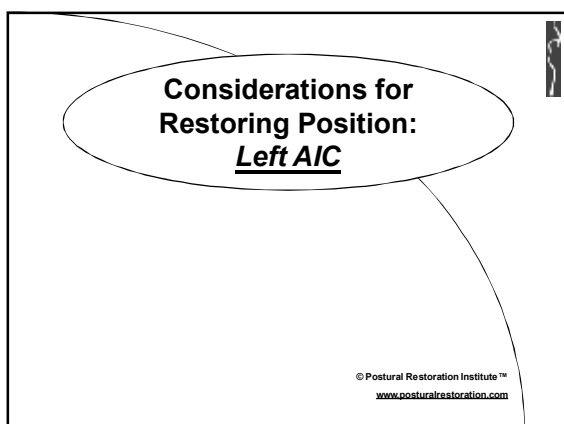
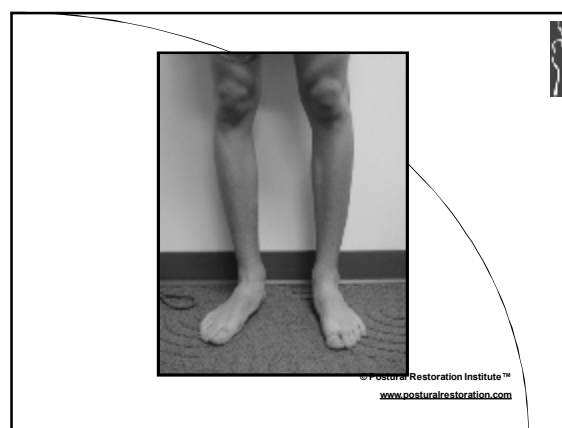
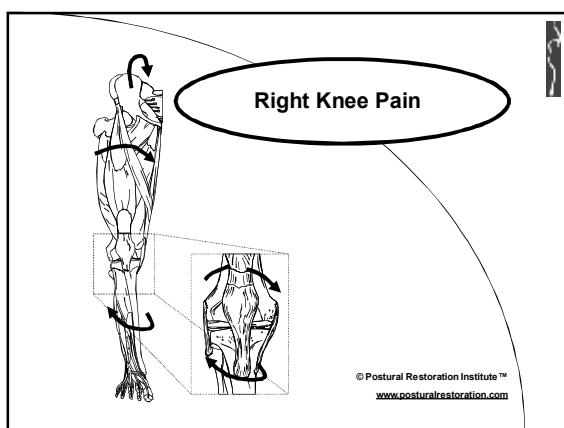
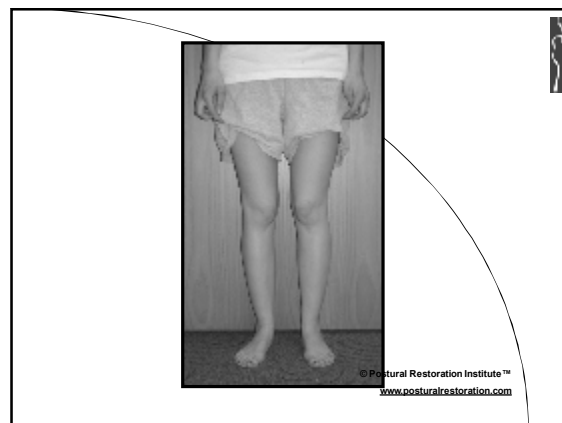
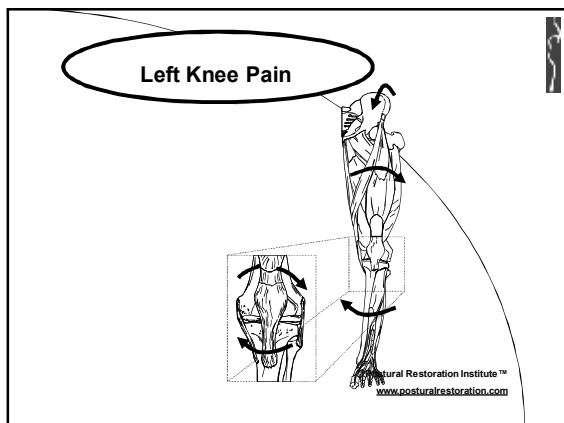


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### Common Observations

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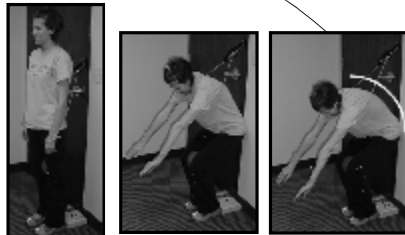


■ #2 Right Sidelying Left Adductor  
Pull Back



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■ #3 Standing Resisted Wall Reach



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■ #4 Standing Resisted Trunk  
Around



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■ #5 Left Sidelying Knee to Knee



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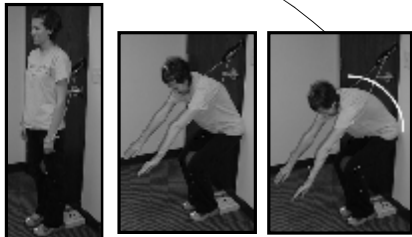
■ Position for treatment:  
Shift left hip back

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Considerations for  
Restoring Position:  
**PEC**

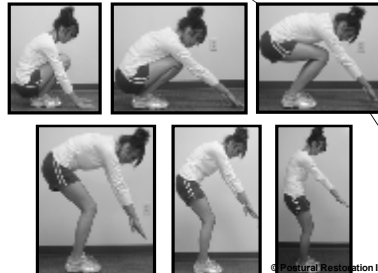
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### ■ #1 Wall Reach



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### ■ #2 Reverse Squat



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### ■ #3 Left Sidelying Right Glute Max



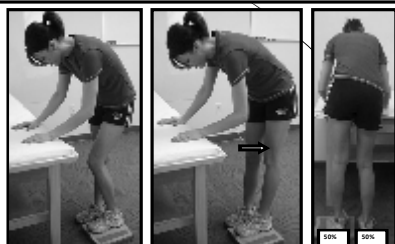
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### ■ #4 Retro Stairs



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### ■ #5 Standing Supported Left AF IR

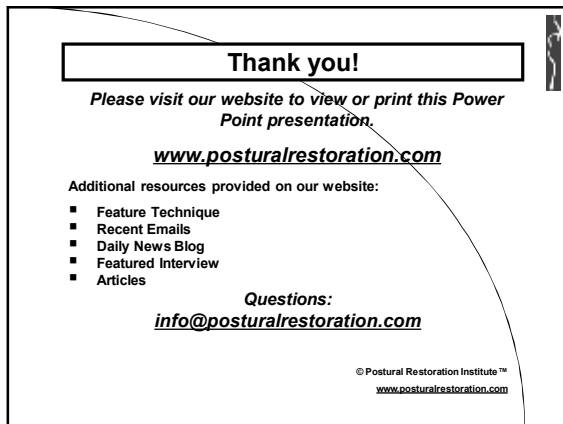


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### ■ Position for treatment: Knees forward (flexion)

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