

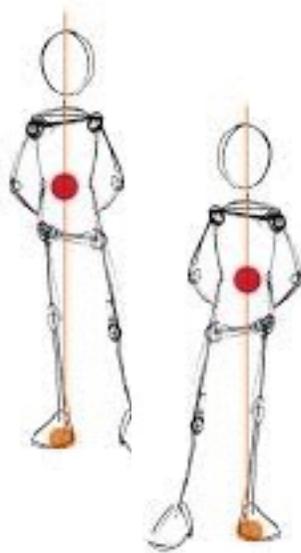
Understanding the L AIC Pattern

The L AIC (Left Anterior Inferior Chain) Pattern is the most common pelvic asymmetry pattern according to the Postural Restoration Institute. But what is it and what does it mean?

The most common pelvic asymmetry pattern is the Left AIC(Anterior Inferior Chain) pattern. When someone with this pattern stands straight on 2 legs the left side of their pelvis is shifted or twisted forward orienting the spine and pelvis to the right. This position is not easily observable with the naked eye but can be assessed by a PRI trained clinician. It is also important to note that this is more than just a skeletal alignment issue, it is also a neuromuscular movement pattern that will effect how one holds their posture in static positions and how they move. This pattern can lead to a variety of chronic or insidious injuries and can even effect healing from traumatic injuries.



L AIC Pattern



Walking

When you walk or stand on 1 leg your pelvis and hips are meant to move, shifting back and forth to allow your center of gravity to fully balance over the single leg properly. When you stand or walk on your right leg it is good & normal for your left half of your pelvis to rotate forward a little and vice versa. However, in a L AIC pattern the left pelvis is stuck in this forward

rotated position and can not move back to allow the right side to rotate forward. The body will respond with a variety of compensations on both the left and right sides of the body in which some muscle groups will be overused and over developed and other muscles will lay dormant due to the position they are in. This can cause overuse injuries and joint pain in the lower body. In the spine there can be increased stress on one side of a disc, nerve or facet joint.



Treatment

Due to the L AIC pelvis position the left hamstring and left adductor are neuromuscularly inactive. These muscles actually help reposition the pelvis into a more neutral state making these 2 muscles the first priority in treatment. Then the left anterior glut med and right glut max and posterior glut med follow in order to secure the pelvic position and give an individual more power for movement. Abdominal re-training is also of great importance to help stabilize both the pelvis and the spine. Finally, all of these muscles need to learn how to work together during gait and other functional movements to fully balance the pattern.

Just to reiterate, the L AIC pattern is not bad or abnormal, it just needs to stay in balance and alternate with a R AIC pattern so that one doesn't get "stuck" using only one dominate pattern to move resulting in overuse and over stress of certain muscles and joints.