

I have been seeing Eleanor on and off for a number of years. After taking Myokinematic Restoration, I called Eleanor to tell her I might be able to help her. I have tried for a year or so on and off and I need some help. I believe she has broken through the ligaments in her hips and I have tried following that program, but she doesn't seem to get anywhere. Her history is as follows:

She had a Bankart repair of her right shoulder 40 years ago. In February of 1999 she fell skiing and dislocated her left shoulder. She thought she broke her left hip with the fall, but then realized that her arm wasn't able to move. Ten months later she had walked about a mile and began noticing that her left foot was coming down toe first. She could not walk with a heel strike on the left and hasn't been able to since. She walks with hip flexion on the left throughout the gait cycle. She has had all kinds of neurological testing and everything is negative. PRI test results:

Adduction Drop test: left + right +

Extension Drop test: left - right -

FA IR left = 40 right = 52

FA ER left = 40 right = 30

Squat = 4

Hip Abduction ROM: left = 30 degrees / right = 10 degrees

Have followed the treatment hierarchy for ipsilateral FA instability. She has made improvement, but nothing substantial.