

Literature list, direct PNF related in subsections:

Disclaimer:

The IPNFA includes these PNF and PNF related texts for your reference/information and is not responsible for the content, scientific background and terminology used in these publications.

Philosophy

Functional approach

1. Smedes F, Heidmann M, Schäfer C, Fischer N, Stepien A. The proprioceptive neuromuscular facilitation-concept; the state of the evidence, a narrative review. *Physical Therapy Reviews* 2016; 21(1):17-31 DOI:10.1080/10833196.2016.1216764
2. Smedes F, Functioneel oefenen, de betekenis van het functioneel oefenen binnen het PNF concept. *FysioPraxis* 2002 (11) 9-11 (functional exercise, the meaning for PNF)

Treating the total human being

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Use of motor learning and motor control principles

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Basic procedures

Tactile stimulus

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Verbal stimulus

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Visual stimulus

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Resistance

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Approximation

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Pattern

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Irradiation

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Summation

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Techniques

Replication

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Stretch through range

Stretch at beginning of range

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Dynamic reversals

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Stabilizing reversals + Rhythmic stabilization

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Hold and Contract Relax

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Rehab topics

Vital functions

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Transfers and mat progression

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Gait

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Stroke

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