

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

3. Clark, Treleaven, Röijezon, Proprioception in musculoskeletal rehabilitation. Part 2 Basic science and principles of assessment and clinical Interventions. *Manuel Therapy* 2015(20) 378- 387
4. Röijezon, Clark, Treleaven. Proprioception in musculoskeletal rehabilitation. Part 1 Basic science and principles of assessment and clinical interventions. *Manuel Therapy* 2015(20) 368-377
5. Smedes F, PNF beter (be)grijpen. *FysioPraxis* 2001 (12) 42-46. (Better understanding of PNF)
6. Westwater-Wood S, Adams N, Kerry R. The use of proprioceptive neuromuscular facilitation in physiotherapy practice *Physical Therapy Reviews* 2010 VOL. 15. (1) 23-28

Use of motor learning and motor control principles

7. Luft CDB. Learning from FB. The neural mechanisms of fb processing facilitating beter performance. *Behavioural Brain Research* 2014(261) 356– 368
8. Cauraugh J H, Kim S B. Stroke motor recovery: active neuromuscular stimulation and repetitive practice schedules. *J Neurol Neurosurg Psychiatry* 2003;74:1562–1566
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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

80. Magarey ME, Jones MA. Dynamic evaluation and early management of altered motor control around the shoulder complex. *Manual Therapy* 2003 (4) 195-206

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

135. Choi YK, Nam CW, Lee JH, Park YH. The Effects of Taping Prior to PNF Treatment on Lower Extremity Proprioception of hemiplegic Patients *J. Phys. Ther. Sci.* 2013 (25) 1119–1122
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152. Zhou Z, Zhou Y, Wang N, Gao F, Wei K, Wang Q. A PNF integrated robotic ankle-foot system for post stroke rehab. *Robotics and Autonomous Systems* 2015;73:111–122

Musculoskeletal issues eg (Chronic) Spine pain (cervical - / Thoracal - / Low Back Pain) extremities issues eg (impingement syndromes etc)

153. Alaca N, et al. Comparison of the long-term effectiveness of progressive neuromuscular facilitation and continuous passive motion therapies after total knee arthroplasty. *J Phys Ther Sci.* 2015 Nov;27(11):3377-80
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