

## 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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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
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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**

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**

81. Shimamoto Y, Suzuki M, Mikhailenko SV, Yasuda K, Ishiwata S. Inter-sarcomere coordination in muscle revealed through individual sarcomere response to quick stretch. *PNAS* 2009 106(29) 11954-11959

### **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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**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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