

Literature list, direct PNF related in subsections:

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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 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
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Use of motor learning and motor control principles

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Basic procedures

Tactile stimulus

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Visual stimulus

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Resistance

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45. Kofotolis N, Vrabas IS, Vamvakoudis E, Papanikolaou A, Mandroukas K: Proprioceptive neuromuscular facilitation training induced alterations in muscle fiber type and cross sectional area. *British Journal of Sports Medicine* 2005 (3):e11.

Approximation

46. Yigiter K, Sener G, Erbahceci F, Bayar K, Ülger ÖG, Akodogan S: A comparison of traditional prosthetic training versus PNF resistive gait training with trans-femoral amputees. *Prosthetics and orthotics international* 2002 (26) 213-217

Pattern

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Irradiation

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Summation

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Techniques

Replication

69. 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

70. 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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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

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

130. Alaca N¹, 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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Face and mimics.

138. Namura M, Motoyoshi M, Namura Y, Shimizu N: The effect of PNF training on the facial profile. *Journal of oral science* 2008 (1) 45-51
139. Olivo SA, Magee DJ: Electromyographic assessment of the activity of the masticatory using the agonist contract – antagonist relax technique (AC) and contract – relax technique (CR). *Manual therapy* 2006 (2) 136-145
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Case reports

141. Carlson M, Hadlock T: Physical Therapist Management following rotator cuff repair for a patient with postpolio syndrome, Case Report. *Physical Therapy* 2007 (87) 179-192
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147. Smedes F, Oefentherapie met het PNF concept: een zinvolle behandelstrategie. *Fysiopraxis* 2006 (6) 22-27+ internet (Exercise therapy with the PNF concept a useful therapy strategy)
148. Smedes F, Komt een vrouw bij de fysiotherapeut. Case report. *Fysiopraxis* 2009 (1) 42-46+ internet (Comes a woman to the physiotherapist. Case report)

Spasticity

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