

# Newsletter IPNFA research committee

To all IPNFA members and therapists who are interested in the PNF concept. This is the first newsletter from the research committee. To put up a newsletter is an idea from Seong-soo Hwang and Matthias Schulte.

The aim is to inform all members more regularly, but also to have a kind of public relations from the IPNFA towards interested colleagues in the field of physical therapy and rehabilitation.

The members of the IPNFA research committee are: Agnieszka Stepien, Mathias Schulte, Seong-soo Hwang, Atilla Szabo, Sakis Adimis and is chaired by Fred Smedes. This newsletter will give you a short insight in the activities of the IPNFA in general and of the research committee specifically.

I am wishing you a pleasant reading time. Fred.

## REGULAR REQUESTS

### 1.

We receive on a regular basis requests for help or for background articles from bachelor and master students from all over the world. Mostly we receive after finishing their work a copy of the results. As an example there is an article under downloads on the IPNFA website from Eszter Németh (2008) on PNF and irradiation towards the contra lateral LE. The youngest request we received came in over our IPNFA president, Carsten Schaefer. This was a question from a student at an Athletic Trainer Education Program in the USA, concerning the PNF objectives and indications.

### 2.

IPNFA members some times ask why we do not have more articles under downloads. That is because of copyrights of these articles. Only where we have them ourselves this is possible. All attending members on the meeting in Ljubljana 2006 received a CD-rom with full text articles directly related with a PNF topic. The list is updated and most of the articles under "resources" / literature list are available in full text (pdf). Just mail to Fred.

## TOTAL HIP REPLACEMENT

Atilla is connected to a project in Hungary. There they treat patients with a total hip replacement with a specific PNF program. They check the results of that treatment on the effect of balance and alignment by measuring the relation between Centre of Mass (COM) over Base of Support (BOS).

## WCPT Conference June 2011 in Amsterdam

We submitted three abstracts to the WCPT conference in. Only one abstract was accepted for a poster presentation, this was from Agnieszka. Agnieszka's subject is:

### scoliosis

For all of you who are interested in this conference please visit:

<http://www.wcpt.org/congress> .



## HEMIPLEGIC HAND

Fred is conducting a project on the hemiplegic hand. The research is focusing on manual mobilization of the carpal bones additional to functional training in patients after stroke with loss of reach and grip function. Assumed is that it will have an additional value for the patients, since there is strong indication that muscle and joint contractures develop because of relative immobilization and disuse.

The project could be transferred to answer the question if a specific PNF approach with timing for emphasis will have an additional value. All the pre study on prevalence and incidence and also on clinical importance and valid and reliable measurements is already done.



A second impression of Amsterdam



A first impression of Amsterdam



## More masters coming into the IPNFA

Several instructor colleagues are now enrolled in master education programs. This means that we will have more possibilities to connect science into our association and our course curriculum. From the searches done by one of them, there are two articles attached to this newsletter.

The busy people at the moment are:

Carsten, Mathias, Nicola, Elke, Marianne, Aleksander, Gabi and probably many other that we don't know about.

From us to all of you:

We wish you endurance and commitment for the tasks that now are ahead of you.

We know how much work and effort it takes to accomplish these kinds of studies, combined with normal occupational- and family life.

World Physical Therapy  
2011  
20-23 June Amsterdam

Just come over to  
the Netherlands

