

## 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 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**

7. Luft CDB. Learning from FB. The neural mechanisms of fb processing facilitating beter performance. *Behavioural Brain Research* 2014(261) 356– 368
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## **Basic procedures**

### **Tactile stimulus**

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### **Visual stimulus**

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### **Resistance**

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### **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

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

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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**

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146. Pasiut SA, Banach M, Longawa K, Windak F: Stroke rehabilitation conducted by PNF method, with and without the application of botulinum toxin– case reports. *Medical rehabilitation* 2005 (9) 1, 15-24
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)
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### **Spasticity**

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