

Literature list, direct PNF related in subsections:

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Philosophy

Positive approach

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Functional approach

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Mobilize of reserves

Treating the total human being

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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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Body mechanics

Elongation

Resistance

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Stretch

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Traction

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Approximation

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Pattern

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Irradiation

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Timing

Summation

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Techniques

Rhythmic Initiation

Replication

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Combination of Isotonics

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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 – Relax / Contract – Relax

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