Literature list, direct PNF related in subsections:

**Philosophy**

**Functional approach**
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**Treating the total human being**
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**Use of motor learning and motor control principles**

**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.
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**Basic procedures**

**Tactile stimulus**

**Verbal stimulus**

**Visual stimulus**
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**Resistance**

**Approximation**

**Pattern**

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**Techniques**
Replication

Stretch through range
Stretch at beginning of range

Dynamic reversals

Stabilizing reversals + Rhythmic stabilization

Hold and Contract Relax
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**Vital functions**


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**Transfers and mat progression**


**Gait**


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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**Case reports**
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