PNF Symposium « PNF NETWORKING- PNF VERNETZT » – October 2016 in Munich

Proprioceptive Neuromuscular Facilitation (PNF) and Mobilization of the Neurodynamic System.

Is PNF an appropriate approach for the nervous system?
Demonstration with a clinical example.

Abstract to the workshop

Speakers:
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By using a PNF pattern in a slow dynamic way and with minimal resistance, the therapist emphasizes either the mobilization of the nerve as a whole or as a part. The therapist mobilizes the distal or proximal part depending on symptoms. When the PNF pattern is elongated to its maximum, the nerve is not at its maximum. This makes the approach preventing the nerve to overstretch.

Objectives of this workshop:
- To analyze mobilization of the neurodynamic system with PNF
- To use clinical reasoning with emphasis on mobilizing the nervous system
- To demonstrate mobilization of the neurodynamic system with PNF and a clinical example

Content:
- Analysis of patterns of PNF to corresponding peripheral nerves and neurodynamic tests
- Application of neurodynamic mobilization with PNF to patient
- Practical work of lower extremity and trunk

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