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
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)

Treatning the total human being
5. Smedes F, PNF beter (be)grijpen. *FysioPraxis* 2001 (12) 42-46. (Better understanding of PNF)

Use of motor learning and motor control principles
23. Malouin F, Jackson PL, Richards CL. Towards the integration of mental practice in rehab programs. A critical review. Frontiers in Human Neuroscience 2013 (9) 01-20
29. Stanley J, Krakauer JW. Motor skill depends on knowledge of facts. Frontiers in Human Neuroscience 2013 (8) 01-11


**Basic procedures**

**Tactile stimulus**


**Verbal stimulus**


**Visual stimulus**


**Resistance**


Approximation


Pattern


60. Myers JB, Lephart SM: The role of the sensorimotor system in the athletic shoulder Journal of athletic training 2000 (3) 351-363


Irradiation


75. Lee M, Gandevia SC, Carroll TJ. Unilateral strength training increases voluntary activation of the opposite untrained limb. *Clinical Neurophysiology* 2009 (120) 802-808


84. Zhou S. Cross education and neuromuscular adaptations during early stage of strength training. *Journal of exercise science and Fitness* 2003 (1) 54-60

**Summation**


86. Silva et al.: Verbal and visual stimulation effects on rectus femoris and biceps femoris muscles during isometric and concentric. *International Archives of Medicine* 2013 6:38.

87. Mahoney JR, Clara Li PC, Park MO, Verghese J, Holtzer R, Multisensory integration across the senses in young and old adults. *Brainresearch* 2011;1426; 43–53


**Techniques**

**Replication**


**Stretch through range**

**Stretch at beginning of range**


**Dynamic reversals**


**Stabilizing reversals + Rhythmic stabilization**


**Hold and Contract Relax**


102. Chalmers G: Re-examination of the possible role of Golgi tendon organ and muscle spindle reflexes in proprioceptive neuromuscular facilitation muscle stretching. Sports biomechanics 2004 (1) 159-183

103. Chow TPY, Ng GYF. Active, passive and proprioceptive neuromuscular facilitation stretching are comparable in improving the knee flexion range in people with total knee replacement: a randomized controlled trial. Clinical Rehabilitation 2010; 24: 911–918


118. Marek SM et al: Acute effects of static and PNF stretching on muscle strength and power output. *Journal of athletic training* 2005 (2) 94-103


120. Medeiros DM, Martini TF. Chronic effect of different types of stretching on ankle dorsiflexion range of motion: Systematic review and meta-analysis. *Foot (Edinb).* 2017 ;34:28-35.


122. Moyano FR, Valenza MC, Martin L M, Caballero YC, Jimenez EG, Demet GV Effectiveness of different exercises and stretching physiotherapy on pain and movement in patellofemoral pain syndrome: a randomized controlled trial. *Clinical Rehabilitation 2012 27(5) 409–417


Rehab topics

Vital functions


138. Nitz J, Burke B. A study of the facilitation of respiration in myotonic dystrophy. Physiotherapy research international 2002 (4) 228-238


Transfers and mat progression

144. Richter RR, VanSant AF, Newton RA: Description of Adult Rolling Movements and Hypothesis of Developmental Sequences *Physical Therapy* 1989; 69:63-71

Gait


Stroke


178. Wolny T, Saulizc E, Gnat R, Kokosz M. Butler’s neuromobilizations combined with proprioceptive neuromuscular facilitation are effective in reducing of upper limb sensory in late-stage stroke subjects: a three-group randomized trial. *Clinical Rehabilitation* 2010;24:810–821


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


184. Birinici T, Ozdincler AR, AltunS, Kural C. A structured exercise programme combined with proprioceptive neuromuscular facilitation stretching or static stretching in posttraumatic stiffness of the elbow: a randomized controlled trial. *Clinical Rehabilitation* 2019;33(2):241-252


189. Johnson GS, Johnson VS. The application of the principles and procedures of PNF for the care of lumbar spinal instabilities. The Journal of manual and Manipulative therapy 2002 (2) 83-105


**Face and mimics.**


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**Case reports**


218. 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*


220. 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)*

221. Smedes F, Komt een vrouw bij de fysiotherapeut. Case report. *Fysiopraxis 2009 (1) 42-46+ internet (Comes a woman to the physiotherapist. Case report)*

**Spasticity**


227. Malhotra S; Pandyan AD; Rossewilliam S; Roffe C; Hermens H. Spasticity and contractures at the wrist after stroke: time course of development and their association with functional recovery of the upper limb. *Clinical Rehabilitation 2011; 25: 184–191*

228. Malhotra S, Pandyan AD, Day CR, Jones PW, Hermens H. Spasticity, an impairment that is poorly defined and poorly measured. *Clinical rehabilitation 2009; 23: 651-658*


230. Pandyan AD; Cameron M; Powel J; Stott DJ; Granat MH. Contractures in the post-stroke wrist: a pilot study of its time course of development and its association with upper limb recovery *Clinical Rehabilitation 2003; 17: 88–95*

231. Patrick E, Ada L. The tardieu scale differentiates contracture from spasticity whereas the Ashworth Scale is confounded by it. *Clinical rehabilitation 2006; 20; 173-182*
232. Petropoulou KB; Panourias JG; Rapidi CA; Sakas DE. The phenomenon of spasticity: a pathophysiological and clinical introduction to neuromodulation therapies. *Acta Neurochir Suppl* 2007 97(1) 137-144
