PNF Symposium “PNF NETWORKING- PNF-VERNETZT”  October 15th 2016 Munich

Fascia and PNF

- The significance of current knowledge in research about fascia for the stretching techniques in the PNF-
Concept practised at present-

Background and objective
In 2007 the first international congress about fascia took place in Boston and following that the first international congress of the European Rolfing Association happened in the same year. This is a sign for a changing attitude in science about the importance of fascia and it shows, that we have gained a greater knowledge about fascia. It is the intention of the IPNFA to support the theoretical research of the PNF. Further the outcome of the research should be implicated in the execution of PNF. The objective of this paper is to compare the knowledge about fascia and about the stretching techniques in the PNF.

Theory and leading question (issue)
This paper is based on the theory that you can find explanations and proofs for the effectiveness of techniques in the PNF in the recent research about fascia. The aim is to answer the question, whether and which of the attributes of fascia are used to achieve therapeutical objectives. Besides it will be analysed, which training principles of fascia are scientifically examined and proven. After this a description follows of how the training principles are used in the stretching techniques practised at present. Finally the aspects, which should be known for a specific training of the fascia, are considered.

Methods and resources
Through literature research, a base for further studies on the theme is built. For the description of the performance of the stretching techniques, some of the books recommended on the homepage of the IPNFA are used. There are no clinical studies, which examine exclusively the effects of these techniques. Concerning the research about fascia, general anatomic literature, books about functional anatomy and clinical studies about fascia were used. As far as I know, there are no studies, which analyse the correlation between the stretching techniques in the PNF and the current research about fascia.

Outcome
Not all functions of fascia are sufficiently examined, for example concerning the autonomously contraction of fascia. It can be said, that fascia plays an important role for the development of physical strength, the economic use of energy and the coordinated interaction of single movements for example, when you are walking. Consequent to that, fascia should be integrated in therapy when the intention is to relearn movements or to do them without pain. Based on the present state of knowledge, it can be said that the stretching techniques practised at present integrate a specific training of the fascia in the treatment.

Conclusion
You can find explanations and proofs for the effectiveness of stretching techniques in the PNF in the recent research about fascia. However practical studies should be undertaken in order to prove the transferability of knowledge about fascia on the techniques described in this paper. The already explored training principles of fascia can be transferred on to the utilisation of the stretching techniques in the PNF.