PNF
Basic grips

A picture guide for grips on extremities

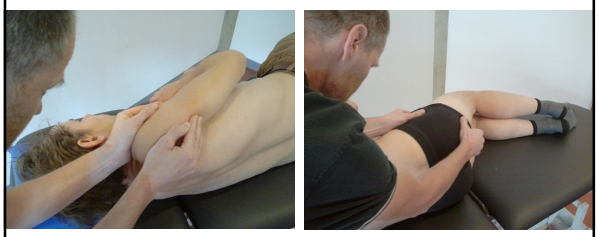
Fred Smedes

Scapula and Pelvis Pattern

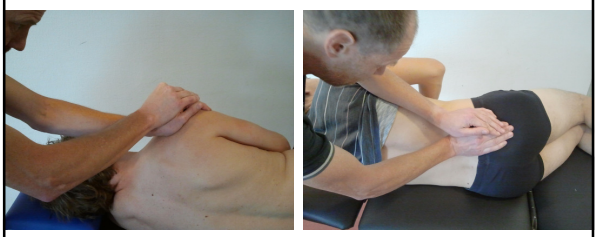
Anterior Elevation

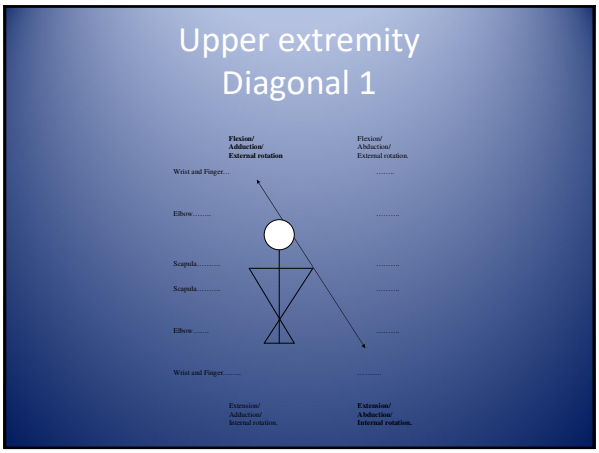
Posterior Depression

Anterior Depression



Posterior Elevation





Starting grip: Flex. / Add / Ext. Rot.

Mid position: Flex./ Add / Ext. Rot

End Position: Flex. / Add / Ext. Rot.

Flex / Add / Ext. Rot. + Elbow flexion

Flex / Add / Ext. Rot. + Elbow extension

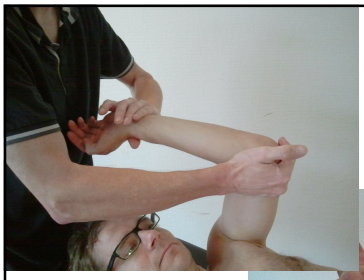
Starting grip: Ext / Abd / Int. Rot

Starting grip: Ext / Abd / Int. Rot (first response)

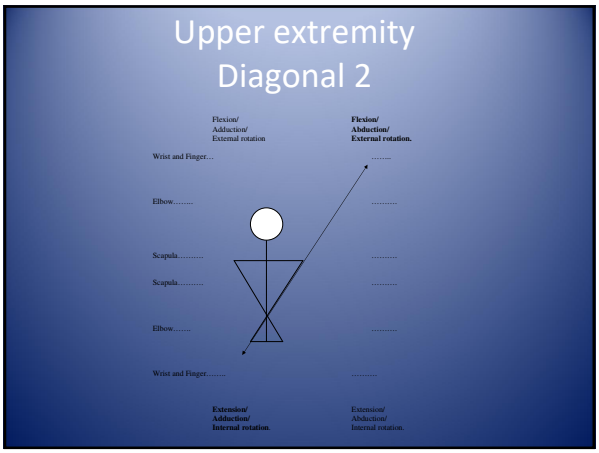
Secondary position: Ext / Abd / Int. Rot.

End Position: Ext / Abd / Int. Rot.

Ext / Abd / Int. Rot. + Elbow extension



Ext / Abd / Int. Rot. + Elbow flexion



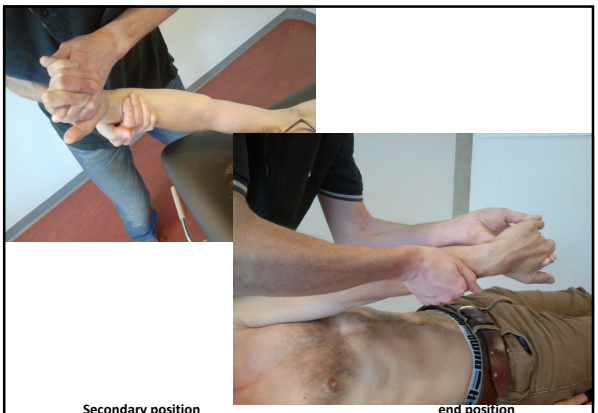
Starting grip: Flex / Abd / Ext. Rot.

End position: Flex . Abd / Ext. Rot.

Flex / Abd / Ext. Rot. + Elbow flexion

Flex / Abd / Ext. Rot. + Elbow extension
Starting + mid + end position

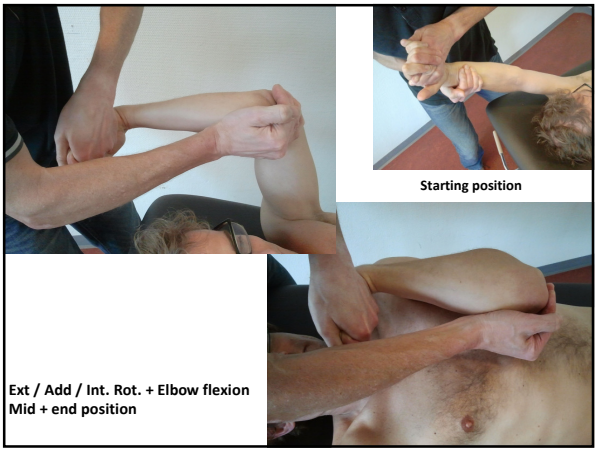
Starting grip: Ext. / Add / Int. Rot.



Secondary position
Ext. / Add / Int. Rot.

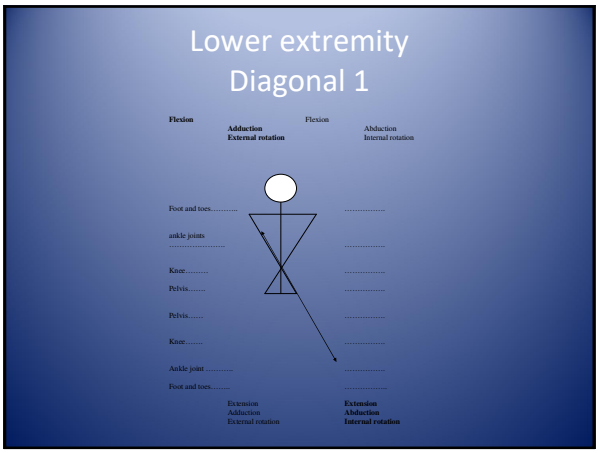
end position
Ext. / Add / Int. Rot.

Ext / Add / Int. Rot. + Elbow extension
starting + mid + end position



Starting position

Ext / Add / Int. Rot. + Elbow flexion
Mid + end position



Starting grip: Flex / Add / Ext. Rot.

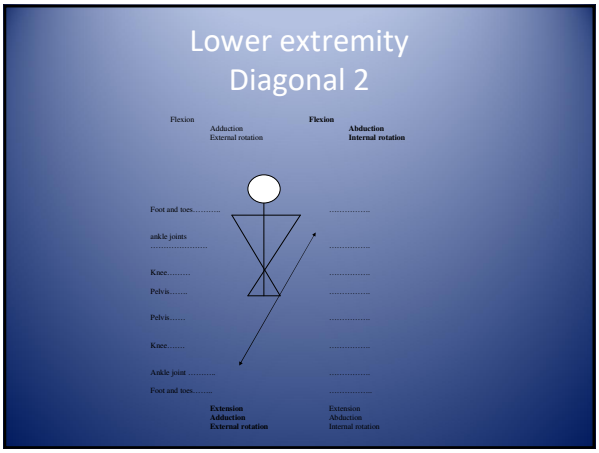
End position: Flex / Add / Ext. Rot + knee flexion

Starting grip: Ext / Abd / Int. Rot + knee extension

End position: Ext / Abd / Int. Rot (+ knee extension)

Flex / Add / Ext. Rot. + knee extension
in sitting

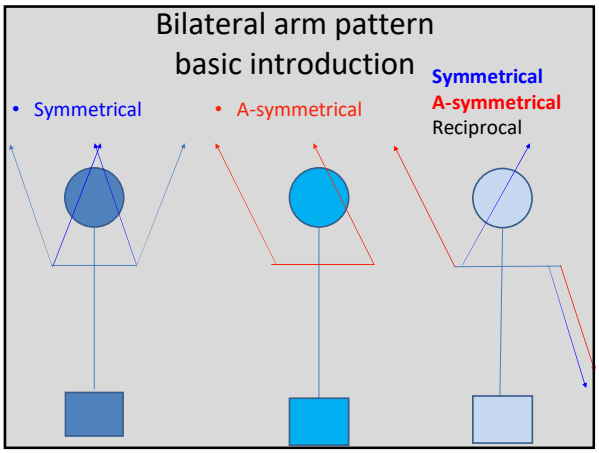
Ext / Abd / Int. Rot. + knee flexion
in sitting



Starting grip: Flex / Abd / Int. Rot.

End position: Flex / Abd / Int. Rot + Knee flexion

Starting + end position:
Ext / Add / Ext. Rot
+ knee extension



Symmetrical Reciprocal
Flex / Add / Ext. Rot
+ Ext / Abd / Int. Rot.

A-symmetrical reciprocal: Flex / Abd / Ext. Rot. + Ext / Abd / Int. Rot.