

Literature list, direct PNF related in subsections:

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Philosophy

Functional approach

1. Smedes F, Heidmann M, Schäfer C, Fischer N, Stepien A. The proprioceptive neuromuscular facilitation-concept; the state of the evidence, a narrative review. *Physical Therapy Reviews* 2016; 21(1):17-31 DOI:10.1080/10833196.2016.1216764
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)

Treating the total human being

3. Clark, Treleaven, Röijezon, Proprioception in musculoskeletal rehabilitation. Part 2 Basic science and principles of assessment and clinical Interventions. *Manuel Therapy* 2015(20) 378- 387
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Use of motor learning and motor control principles

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Basic procedures

Tactile stimulus

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Verbal stimulus

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Visual stimulus

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Resistance

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Approximation

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Pattern

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Irradiation

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Summation

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Techniques

Replication

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Stretch through range

Stretch at beginning of range

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Dynamic reversals

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Stabilizing reversals + Rhythmic stabilization

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Hold and Contract Relax

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Rehab topics

Vital functions

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Transfers and mat progression

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Gait

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