**Pattern Checklist**

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| **Guidelines for PNF Patterns** |  |
| **Name of Pattern** |  |
| **Patient’s Position** |  |
| **Landmarks /Pattern components** |  |
| **Therapist’s Position** |  |
| **Timing** |  |
| **Grips/ Manual Contacts** |  |
| **Elongation** |  |
| **Body Mechanics of the Therapist** |  |
| **Resistance** |  |
| **Traction/ Approximation** |  |
| **Cues/Instructions** |  |
| **Main muscular activities** |  |
| **Irradiation/Overflow** |  |
| **Therapy** |  |
| **Special cues/hints/reminders/points:** |  |