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### **PNF Text Books:**

1. Knott M, Voss DE: Proprioceptive neuromuscular facilitation – patterns and techniques 2<sup>nd</sup> edition. *New York Harper & Row publishers 1968.*
2. Voss DE, Jonta MK, Meyers BJ: Proprioceptive neuromuscular facilitation – patterns and techniques 3<sup>rd</sup> edition. *New York Harper & Row publishers 1985.*
3. Adler S, Beckers D, Buck M: PNF in Practice. *Berlin Heidelberg, Springer Verlag / publishers 1993, 2000, 2008, 2014.* (Available in English, German, Dutch, Portuguese Czech. Greek, Spanish, Italian, Polish, Japanese, Korean, Chinese and Russian)
4. Beckers D, Buck M: PNF in Practice. 5<sup>th</sup> edition *Berlin Heidelberg, Springer Verlag / publishers 2021.* (Available in English)
5. Bae, S: 신경물리치료; PNF (Shin kyung Mulli Chiryu / Neural Physical Therapy; PNF) 2<sup>nd</sup> edition. *Seoul, 대학서림 (Dai Hak Seo Lim) 2010.*
6. Bae S: 고유수용성신경근 촉진법; 진단 및 중재 (goyu suyongseong singyeong-geun chogjin; jindan mich jungjae / Proprioceptive Neuromuscular Facilitation; diagnosis and intervention) *Seoul, 대학서림 (Dai Hak Seo Lim) 2012.*
7. Dietz B: Let's sprint, let's skate, Innovationen im PNF-Konzept. *Berlin, Springer 2009.*
8. Hedin- Anden S: PNF Grundverfahren und funktionelles Training. *München, Urban & Fischer 1994.*
9. Horst R: Motorisches Strategietraining und PNF. *Stuttgart, Thieme 2005.*
10. Horst R: Therapiekonzepte in der Physiotherapie-PNF. *Stuttgart, Thieme 2008.*
11. Sullivan PE, Markos PD, Minor MA: PNF- Ein weg zum therapeutischen Üben. *Stuttgart, Fischer Verlag 1985.*

### **Motor learning Text Books:**

1. Shumway-Cook A, Woollacott MA: Motor Control: Translationg Research into Clinical practice. *Philadelphia, Lippincott, Williams & Wilkins 1995, 2001, 2007, 2016*
2. Schmidt RA, Lee TD: Motor Control and Learning. A behavioural Emphasis, 4<sup>th</sup> and 5<sup>th</sup> edition. *Champaign, Sheridan Books 2005 2009*
3. Latasch ML, Lestienne F: Motor Control and Learning. *New York, Springer Science + Business media, Inc 2006*