

Literature list, direct PNF related in subsections:

Disclaimer:

The IPNFA includes these PNF and PNF related texts for your reference/information and is not responsible for the content, scientific background and terminology used in these publications.

Philosophy

Functional approach

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Treating the total human being

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Use of motor learning and motor control principles

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Basic procedures

Tactile 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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Summation

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Techniques

Replication

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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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