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Yale University Press, New Haven Voss DE, Jonta M, Meyers B (1985) Proprioceptive Neuromuscular Facilitation: Patterns and Techniques, 3rd ed. Harper and Row, New York WHO (1997) ICDH-2-The international classification of impairments, activities, and participation: A manual of dimensions of disablement and functioning (Beta-1 draft for field trials).

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1. Knott M, Voss DE: Proprioceptive neuromuscular facilitation " patterns and techniques 2nd edition. New York Harper & Row publishers 1968. 2. Voss DE, Jonta MK, Meyers BJ: Proprioceptive neuromuscular facilitation " patterns and techniques 3rd edition. New York Harper & Row publishers 1985. 3. Adler S, Beckers D, Buck M: PNF in Practice.

### **IPNFA - PNF Text Books**

Proprioceptive neuromuscular facilitation (PNF) is common practice for increasing range of motion, though little research has been done to evaluate theories behind it. The purpose of this study was to review

### **Proprioceptive Neuromuscular Facilitation (PNF): Its**

PNF can be used in any setting, including in home health, the hospital setting, or an outpatient setting. Its use is not restricted to a specific patient population, and the principles and techniques of PNF address a spectrum of impairments throughout the lifespan. The authors are all senior instructors of the International PNF Association.

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New for this edition: new fully-color textbook design for more user-friendly learning experience; fully revised introductory chapter on the PNF basics, now including discussion and demonstration of ICF and Motor Learning aspects in detailed case study; throughout chapters, new additional case studies that help visualize the application of PNF techniques in promoting the patients'™ everyday"life motor skills on activity and participation levels.

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