



PNF in Practice: An Illustrated Guide

By Susan S. Adler, Dominiek Beckers, Math Buck



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- The PNF approach, presented in a fully illustrated hands-on guide, including 650 photos
- Focus on practical aspects of patient evaluation and treatment
- ICF and Motor Learning and how these concepts are applied in PNF
- Provides a systematic and easily accessible guide to learning and understanding PNF as a practical tool and using it to full effect in patient treatment

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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Editorial Review

Review

From the reviews of the fourth edition:

“This book explains the use of proprioceptive neuromuscular facilitation (PNF) in the treatment of patients with various impairments. ... an excellent reference for physical therapy students as well as physical therapists at all levels. ... This book clearly explains the rationales for, and uses of, PNF. ... The photos illustrating the different techniques with well-written instructions are the true strength of this book.” (Jeff Yaver, Doody’s Book Reviews, February, 2014)

From the Back Cover

PNF (Proprioceptive Neuromuscular Facilitation) is a concept to therapeutic exercise which therapists all over the world have found effective for treating patients with a wide range of diagnoses. The approach presented in this richly illustrated guide is based on the concepts set out by Dr. Herman Kabat and taught by Margaret Knott. The fully revised fourth edition demonstrates how the principles of the International Classification of Functioning, Disability and Health (ICF) and aspects of motor learning and motor control (from »hands-on« to »hands-off« management) are applied in modern PNF evaluation and treatment.

A new fresh fully-coloured design and layout highlights the clearly structured way in which philosophy, basic procedures and treatment patterns of PNF are based.

New for this edition

-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 applications in promoting the patients’ everyday-life motor skills on activity and participation levels.

About the Author

Susan Adler: Certified as Physical Therapist at Northwestern University, Chicago, Illinois; Master of Science in Physical Therapy at the University of Southern California, Los Angeles; PNF education in 1962 at the Kaiser Foundation Rehabilitation Center in Vallejo, California Worked and taught with MaggieKnott; International PNF senior instructor of the IPNFA. Developed and led PNF courses in the USA and Europe

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Math Buck: Certified as Physical Therapist at the Hoge School in Heerlen, The Netherlands in 1972; Physical Therapist at the Rehabilitation Center of Hoensbroek, The Netherlands, since 1973; International PNF instructor of the IPNFA since 1984. Currently a senior instructor and honorary member of the IPNFA; Co-author of numerous books and articles

Users Review

From reader reviews:

Bob Pratt:

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