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PNF (Proprioceptive Neuromuscular Facilitation)

- 1 Definition of PNF
(faculty of proprioceptors)
- 2 Principle of the treatment
- 3 The elements of facilitation

This is an outline of my presentation.

First of all I would like to introduce PNF and then present 2 clinical cases.

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1 Definition of PNF

- It is a method to facilitate the neuromuscular response by stimulating proprioceptors such as muscle spindles.
- It can be used not only for peripheral nerve disorder, but also central nervous system disorder, which is a major feature of this method.

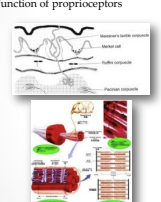
(Yanagisawa 2001)

This is the definition of PNF.

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Proprioceptors

Function of proprioceptors



Conclusion	Detection of the direction of motion and speed
Pacini corpuscle	The detection of the acceleration
Muscle spindles	The detection of the muscle tonus with passive extension
Neurodermatous spindles	The detection the muscle tonus with passive extension and the shrinkage
Reception of movement of the skin	(Pacini corpuscle, Ruffini conclusion)

Proprioceptors are sensory receptors of position.