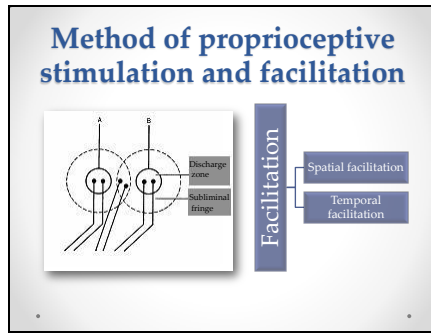


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Method of proprioceptive stimulation and facilitation.

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**2 Principles of PNF treatment**

- The neuromuscular system with such disorder as neural disease results in decrease of muscle force, incoordination, shortening of muscle and limited range of joint movements.
- In order to improve abnormal movement functions as listed above, such manipulation as muscle stretching, resistance exercise, joint traction or compression is provided to restore normal responses as much as possible.

This is a principle of PNF treatment.

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**3 Factors of facilitation**

- a) Muscle stretch
- b) Exercise resistance
- c) Joint traction
- d) Joint compression
- e) Diagonal extension

Factors that make movements easier are called factors of facilitation.