

1. Record Nr.	UNINA9910484476903321
Autore	Beckers Dominiek <1952->
Titolo	PNF in Practice [[electronic resource]] : An Illustrated Guide // by Dominiek Beckers, Math Buck
Pubbl/distr/stampa	Berlin, Heidelberg : , : Springer Berlin Heidelberg : , : Imprint : Springer, , 2021
ISBN	3-662-61818-4
Edizione	[5th ed. 2021.]
Descrizione fisica	1 online resource (349 pages) : illustrations
Disciplina	615.82
Soggetti	Physical therapy Occupational therapy Neurology Clinical psychology Rehabilitation Mentally ill - Rehabilitation Physiotherapy Occupational Therapy Rehabilitation Psychology Músculs Receptors sensitius Fisioteràpia Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	1 Introduction -- 2 Basic Principles and Procedures for Facilitation -- 3 Techniques -- 4 Patient Assessment and Treatment -- 5 Patterns of Facilitation -- 6 The Scapula and Pelvis -- 7 The Upper Extremity -- 8 The Lower Extremity -- 9 The Neck -- 10 The Trunk -- 11 Mat Activities -- 12 Gait Training -- 13 Vital Functions -- 14 Activities of Daily Living -- 15 Test Your knowledge: Questions and Answers -- Glossary.
Sommario/riassunto	PNF: How it works and how to treat patients This book teaches you step by step all aspects of Proprioceptive Neuromuscular Facilitation. It

ranges from neurophysiological basics to diagnostic findings, treatment techniques and PNF patterns. The goal is to make you an expert in this established method. In this book you will find:

- Basics of PNF, including PNF philosophy, ICF model, motor learning and much more
- PNF patterns and their functional application explained precisely and comprehensibly
- Over 640 color illustrations show all important techniques and treatment steps
- Treatment examples and numerous practical tips for uncomplicated implementation in everyday therapy
- Questions at the end of each chapter to monitor your learning success

New in the 5th edition: Completely updated, introduction of the International PNF Association, additional applications and patient examples A must-have for everyone who wants to learn or already uses PNF! About the authors: Math Buck is Physical Therapist since 1972. He has been working for over 40 years with patients with predominantly spinal neurological symptoms. He has been an IPNFA instructor since 1984 and has taught many PNF courses. Dominiek Beckers completed a Master's degree in physiotherapy, movement science and rehabilitation at the University of Leuven in Belgium. He has been working as a physiotherapist since 1975 and as an IPNFA instructor since 1984.
