



MAHATMA GANDHI UNIVERSITY
of
MEDICAL SCIENCES & TECHNOLOGY
JAIPUR

VAC 11

PROPRIOCEPTIVE NEUROMUSCULAR FASCILLITATION(PNF) TECHNIQUE

Head Office:

RICO Institutional Area, Sitapura, Tonk Road, JAIPUR - 302 022 (Raj.) INDIA

Phone: +91-141-2771777 • 2771001-2-3 | Fax: +91-141-2770900 • 2770303 | Website: www.mgumst.org | E-mail: info@mgumst.org


Sponsoring Body: India Education Trust

CERTIFICATE IN PNF (PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION) TECHNIQUE

**Name of Course :- CERTIFICATE IN PNF (PROPRIOCEPTIVE
NEUROMUSCULAR FACILITATION) TECHNIQUE**

Theory Hours: 06
Practical Hours:09
Total Hours: 15

Unit	Topics	Teaching Hours Theory (T) & Practical (P)
1	Introduction and Principle of PNF	2hrs (Theory)
2	Uses and effect of PNF exercise in UMN lesions	2 hrs (Theory)
3	Techniques and Pattern of PNF	2 hrs (Theory)
4	Application of PNF technique in upper limb	2 hrs (Practical)
5.	Application of PNF technique in lower limb	2 hrs (Practical)
6.	Application of PNF technique in trunk	2 hrs (Practical)
7	Application of PNF technique in head and neck	1 hrs (Practical)
8	Application of PNF technique in facial palsy	1 hrs (Practical)
9	Application of PNF (revision)	1 hrs (Practical)


Principal & Dean
Mahatma Gandhi Physiotherapy College
MGUMST, Sitapura, JAIPUR (Raj.)