



MAHATMA GANDHI UNIVERSITY
of
MEDICAL SCIENCES & TECHNOLOGY
JAIPUR

VAC 11

PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION TECHNIQUE (PNF)

**Name of Course: - Certificate In PNF
(Proprioceptive Neuromuscular Facilitation) Technique**

Theory Hours: 08

Practical Hours:10

Total Hours: 18

| 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. | Uses and effect of PNF exercise in LMN lesions | 2 hrs (Theory) |
| 4. | Techniques and Pattern of PNF | 2 hrs (Theory) |
| 5. | Application of PNF technique in upper limb | 2 hrs (Practical) |
| 6. | Application of PNF technique in lower limb | 2 hrs (Practical) |
| 7. | Application of PNF technique in trunk | 2 hrs (Practical) |
| 8. | Application of PNF technique in head and neck | 1 hrs (Practical) |
| 9. | Application of PNF technique in facial palsy | 1 hrs (Practical) |
| 10. | Application of PNF (revision) | 2 hrs (Practical) |

PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF) Technique

Theory

Unit-1 Guidelines of Proprioceptive Neuromuscular Facilitation (PNF) Technique & Goals.

- a) Introduction of PNF
- b) The evolution of PNF
- c) The philosophy of PNF
- d) To achieve the functional movement in daily lifes.

Unit-2 Principal of PNF

- a) Proper manual contacts
- b) Therapist position and body mechanism.
- c) Rhythmic initiation
- d) Appropriate resistance
- e) Isometric Contractions
- f) Isotonic Contractions
- g) Irradiation
- h) Traction and approximation
- i) Repeated Quick Stretch
- j) Reversal of Antagonistic
- k) Visual Stimuli
- l) Verbal Stimuli
- m) Hold & Relax

Unit-3 Examples, cautions and summary of PNF

Unit -4 Patterns of Facilitation

- a) Head and Neck Flexion and extension and rotational functional patterns
(D1,D2 Flexion and extension)
- b) Trunk Flexion and extension and rotational functional patterns
(D1,D2 Flexion and extension)
- c) Upper extremities Flexion and extension and rotational functional patterns
(D1,D2 Flexion and extension)

- d) Lower extremities Flexion and extension and rotational functional patterns
(D1, D2 Flexion and extension)

Unit-5 Functional Evaluation

- a) Initial Evaluation
- b) Characteristics of Neuro Muscular Control
- c) Identify Dysfunctions'
- d) Active Mobility
- e) Passive Mobility

Unit-6 Indication and Contra Indications of PNF

Unit-7 Symptoms and selection of treatment techniques

Practical of patterns

Unit-1

- a) Head and Neck Flexion and extension and rotational functional patterns
(D1,D2 Flexion and extension)
- b) Trunk Flexion and extension and rotational functional patterns
(D1,D2 Flexion and extension)
- c) Upper extremities Flexion and extension and rotational functional patterns
(D1,D2 Flexion and extension)
- d) Lower extremities Flexion and extension and rotational functional patterns
(D1, D2 Flexion and extension)
- e) Application of PNF techniques in Facial Palsy

