

# PROPIOCEPTIVE NEUROMUSCULAR FACILITATION

## BASIC FACILITATION COMPONENTS:

INTERVENTION UTILIZED TO IMPROVE THE PERFORMANCE BY INCREASING STRENGTH COORDINATION FLEXIBILITY AND RANGE OF MOTION

PRIMARY GOAL IS TO HELP THE CLIENT TO ACHIEVE OPTIMAL MOTOR FUNCTION & INDEPENDENCE.

## APPROXIMATION

PLACING FORCE DIRECTLY THROUGH THE JOINT SURFACES STIMULATE JOINT RECEPTORS AND FACILITATES MUSCLE CONTRACTION.

## QUICK SMETCH

APPLY A RAPID ELONGATION TO STIMULATE MUSCLE CONTRACTION.

### LIFT THE SWORD (UE D2 FLEXION)

SHOULDER EXTENSION  
SHOULDER ABDUCTION  
ELBOW EXTENSION  
FORE ARM SUPINATION  
WRIST RADIAL DEVIATION  
WRIST + FINGER EXT



### REVERSE LIFT THE SWORD (UE D2 EXTENSION)

SHOULDER EXTENSION  
SHOULDER INTERNAL ROT  
SHOULDER ADDUCTION  
ELBOW EXTENSION  
FORE ARM PRONATION  
WRIST FINGER FLEXION



### REVERSE BACK HAND

SHOULDER FLEXION  
SHOULDER EXT ROT  
SHOULDER ADDUCTION  
ELBOW EXTENSION  
FORE ARM SUPINATION  
WRIST RADIAL DEVIATION  
WRIST FINGER FLEXION



### "CHOP EM" MOTION

SHOULDER EXTENSION  
SHOULDER INTERNAL ROT  
SHOULDER ABD (FROM MID LINE)  
ELBOW EXTENSION  
FORE ARM PRONATION  
WRIST/FINGER EXTENSION



### FINCH FLIGHT (LE D2 FLEXION)

HIP FLEXION  
HIP INTERNAL ROT  
HIP ABD  
KNEE FLEXION  
ANKLE DORSI FLEXION  
ANKLE EVERSION



### SMOOTH CRIMINAL MOTION (LE D2 EXTENSION)

HIP EXTENSION  
ADD  
HIP EXT ROT  
KNEE EXTENSION  
ANKLE PF  
ANKLE INVERSION



### "THE SLOTHSMAN" (LE D1 FLEXION)

HIP EXTENSION  
HIP ABDUCTION  
HIP INTERNAL ROTATION  
KNEE EXTENSION  
ANKLE PF  
ANKLE EVERSION



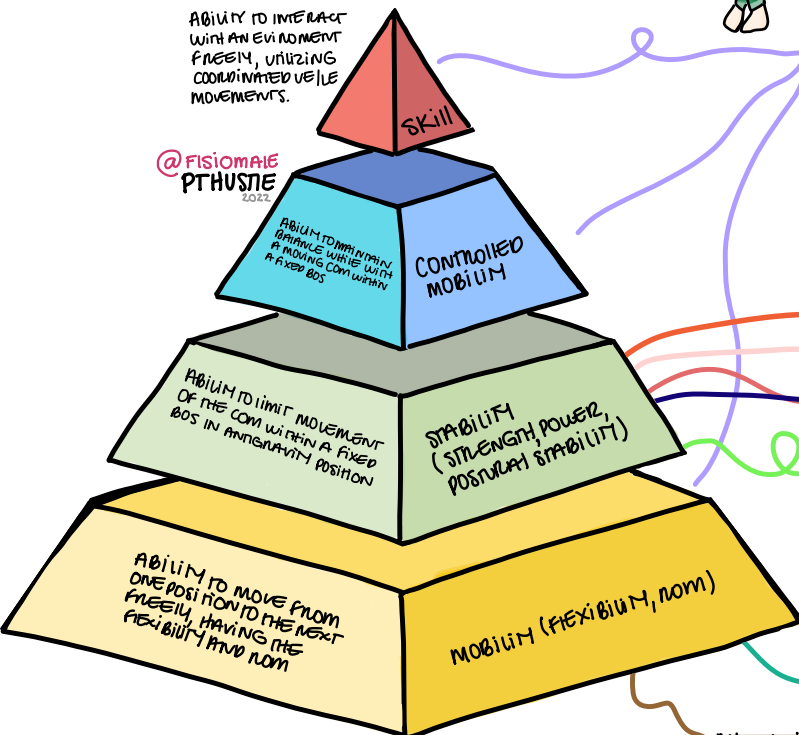
### REVERSE SCOTISHMAN (LE D1 EXTENSION)

HIP EXTENSION  
HIP ABDUCTION  
HIP INTERNAL ROTATION  
KNEE EXTENSION  
ANKLE PLANTAR FLEXION  
ANKLE EVERSION



ABILITY TO INTERACT WITH AN ENVIRONMENT FREELY, UTILIZING COORDINATED VOLLE MOVEMENTS.

@FISIOMAE PTHUSNE 2022



### SLOW REVERSALS (AKA DYNAMIC REVERSAL)

CONCENTRIC CONTRACTION OF MUSCLES IN THE AGONIST PATTERN IS FACILITATED THROUGH MANUAL CONTACT FOLLOW BY SWITCHING HANDS TO THE OTHER SIDE OF THE LIMB TO STIMULATE AGONIST PATTERN

**ALTERNATING ISOMETRICS**

CONTRACTION OF AGONIST AND ANTAGONISTS FACILITATED IN ALTERNATED FASHION

**REPEATED CONTRACTION**

REPEATED QUICK SMETCHES TO AN ELONGATED MUSCLE FOLLOW BY ISOTONIC CONTRACTION AGAINST RESISTANCE

**RHYTHMIC STABILIZATION**

ROTATORY FORCE & RESISTED USED AT TRUNK PATIENT HOLDS STATIC RESISTANCE

**AGONIST REVERSAL**

COMBINATION OF ISOTONIC RESISTED CONCENTRIC CONTRACTION FOLLOW BY STABILIZATION HOLD CONCENTRIC & ISOMETRIC & ECCENTRIC

**SLOW REVERSAL HOLDS**

RESISTED ISOMETRIC CONTRACTION HELD AT END OF ROM IN EACH DIRECTION

**RHYTHMIC ROTATION**

USE TO CONTROL TONE/RIGIDITY (PARKINSON'S)

### RHYTHMIC INVARIATION

SEQUENTIAL APPLICATION FIRST PASSIVE THEN ACTIVE-ASSISTED FOLLOW BY ACTIVE OR SLIGHT RESISTANCE (ASSIST WITH TASK SUCH AS ROLLING)