



PNF in Practice: An Illustrated Guide

Susan Adler, Dominiek Beckers, Math Buck

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- The PNF approach, presented in a fully illustrated hands-on guide, including 650 photos
- Focus on practical aspects of patient evaluation and treatment
- ICF and Motor Learning and how these concepts are applied in PNF
- Provides a systematic and easily accessible guide to learning and understanding PNF as a practical tool and using it to full effect in patient treatment

New for this edition: new fully-color textbook design for more user-friendly learning experience; fully revised introductory chapter on the PNF basics, now including discussion and demonstration of ICF and Motor Learning aspects in detailed case study; throughout chapters, new additional case studies that help visualize the application of PNF techniques in promoting the patients' everyday-life motor skills on activity and participation levels.

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