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PNF in Practice

An Illustrated Guide

Second, revised edition

With 209 Figures in 558 Separate Illustrations



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To Maggie Knott, teacher and friend.

Devoted to her patients,
dedicated to her students,
a pioneer in profession



Preface

Proprioceptive neuromuscular facilitation (PNF) is a philosophy and a method of treatment. It was started by *Dr. Herman Kabat* in the 1940s. Dr. Kabat and *Margaret (Maggie) Knott* continued to expand and develop the treatment techniques and procedures after their move to Vallejo, California in 1947. After *Dorothy Voss* joined the team in 1953, Maggie and Dorothy wrote the first PNF book, published in 1956. Dr. Sedgewick Mead, who replaced Dr. Kabat, supported the continued growth of the PNF concept. At first PNF was used as treatment for patients with poliomyelitis. With experience it became clear that this treatment approach was effective for patients with a wide range of diagnoses.

The three- and six-month PNF courses in Vallejo began in the 1950s. Physical therapists from all over the world have journeyed to Vallejo to learn the theoretical and practical aspects of the PNF concept. In addition, Knott and Voss traveled in the United States and abroad to give introductory courses in the concept.

When Maggie Knott died in 1978 her work at Vallejo was carried on by Carolyn Oei Hvistendahl, who is now living in Norway. Carolyn was succeeded by Hink Mangold as director of the PNF program until her retirement in 1998. Tim Josten is the present program director. Sue Adler, Gregg Johnson, and Vicky Saliba have also continued Maggie's work as teachers of the PNF concept. Sue Adler designed the Advanced and Instructor course programs of the International PNF Association (IPNEA).

Developments in the PNF concept are closely followed throughout the world. It is now possible to take recognized training courses in many countries given by qualified PNF instructors.

The material in this book is based on treatment innovations begun by Dr. Herman Kabat and expanded by Margaret Knott, Dorothy Voss, and others, both therapists and patients. The authors acknowledge their debt to these outstanding people, and also to all members of the IPNEA, and hope that this book will encourage others to carry on the work.

There are other excellent books dealing with the PNF method, but they are all general works providing an extensive theoretical description of the treatment. We felt there was a need for a comprehensive coverage of the practical techniques in text and illustrations. This book should thus be seen as a practical guide and used in combination with existing textbooks. We recommend further reading in both the second and third editions of the book "Proprioceptive Neuromuscular Facilitation: Patterns and Techniques" by Knott and Voss (1968), and Voss, Ionta and Meyers (1985), respectively, as well as the works by Sullivan et al. (1982), Sullivan and Marcos (1995), and by Hedin-Andén (1994).

This book would not have been possible without the cooperation of the Stichting voor Revalidatie Limburg in Hoensbroek (The Netherlands). A special note of thanks goes to the following: F. Somers for the photography, colleague José van Oppen for acting as a model, Jan Albers for assistance in organization and Ben Eisermann for the drawings. We also wish to thank Christina Kessler and Morgan Rose for acting as models for the scapula and pelvis pictures, and Erwin Punz for the photography.

And, finally, we are grateful to all our patients. A special word of appreciation is owed the patients acting as model in this new edition.

Autumn 1999

S. S. Adler, D. Beckers, M. Buck

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