

<<DNF实践 DNF in Practi>>

图书基本信息

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### 内容概要

PNF (Proprioceptive Neuromuscular Facilitation) is an approach to therapeutic exercise which therapists all over the world have found effective for treating patients with a wide range of diagnoses. The approach presented here is based on the concepts set out by Dr. Herman Kabat and taught by Margaret Knott. The authors, experienced PNF teachers, show how they use the PNF method for effective evaluation, planning and treatment, and the readers will gain a clear understanding of why, how and when to apply PNF techniques in patient treatment. The book's special feature is the detailed photographic documentation of PNF patterns, mat and gait activities and their functional application. The combination of photographs and accompanying text guides students learning PNF and stimulates therapists familiar with the method to review and improve their skills.

书籍目录

1 Introduction to Proprioceptive Neuromuscular Facilitation 2 Basic Procedures for Facilitation 2.1 Resistance  
 2.2 Irradiation and Reinforcement 2.3 Manual Contact 2.4 Body Position and Body Mechanics 2.5 Verbal  
 (Commands) 2.6 Vision 2.7 Traction and Approximation 2.8 Stretch 2.9 Timing 2.10 Patterns 3  
 Techniques 3.1 Rhythmic Initiation 3.2 Combination of Isotonics 3.3 Reversal of Antagonists 3.3.1  
 Dynamic Reversals 3.3.2 Stabilizing Reversals 3.3.3 Rhythmic Stabilization 3.4 Repeated Stretch  
 (Repeated Contractions) 3.4.1 Repeated Stretch from Beginning of Range 3.4.2 Repeated Stretch  
 Through Range 3.5 Contract-Relax 3.6 Hold-Relax 3.7 Summary of PNF Techniques and Their Goals 4  
 Patient Treatment 4.1 Evaluation 4.2 Treatment Goals 4.3 Treatment Design 4.4 Direct and Indirect  
 Treatment 4.4.1 Direct Treatment 4.4.2 Indirect Treatment 4.5 Assessment 4.6 Treatment Planning 5  
 Patterns of Facilitation 6 The Scapula and Pelvis 6.1 Introduction 6.1.1 Applications 6.1.2 Diagonal  
 Motion 6.1.3 Patient Position 6.1.4 Therapist Position 6.1.5 Grips 6.1.6 Resistance 6.2 Scapula  
 Patterns 6.2.1 Anterior Elevation and Posterior Depression 6.2.2 Anterior Depression and Posterior  
 Elevation 6.3 Pelvis Patterns 6.3.1 Anterior Elevation and Posterior Depression 6.3.2 Anterior  
 Depression and Posterior Elevation 6.4 Symmetrical, Reciprocal and Asymmetrical Exercises 6.4.1  
 Symmetrical Reciprocal Exercise: Anterior Elevation - Posterior Depression of the Scapula and Pelvis 6.4.2  
 Asymmetrical Exercise: Anterior Elevation-Posterior Depression of the Pelvis with Anterior Depression- Posterior  
 Elevation of the Scapula 7 The Upper Extremity 7.1 Arm Patterns 7.1.1 Introduction 7.1.2  
 Flexion-Abduction-External Rotation 7.1.3 Flexion-Abduction-External Rotation with Elbow Flexion  
 7.1.4 Flexion-Abduction-External Rotation with Elbow Extension 7.1.5  
 Extension-Adduction-Internal Rotation 7.1.6 Extension-Adduction-Internal Rotation with Elbow Extension  
 7.1.7 Extension-Adduction-Internal Rotation with Elbow Flexion 7.1.8 Flexion-Adduction-External  
 Rotation 8 The Lower Extremity 9 The Neck 10 The Trunk 11 Mat Activities 12 Gait Training 13 Vital Functions 14  
 Activities of Daily Living 15 Glossary

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