

Proprioceptive Neuromuscular Facilitation: Patterns and Techniques

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Dorothy E. Voss, Marjorie K. Ionta, Beverly J. Myers : Proprioceptive Neuromuscular Facilitation: Patterns and Techniques before purchasing it in order to gage whether or not it would be worth my time, and all praised Proprioceptive Neuromuscular Facilitation: Patterns and Techniques:

1 of 1 people found the following review helpful. Old Gem
By AuroraI impulsively bought this because it was cheap and seemed to address the goals of my workout class. I'm attending a "somatics" class at my health club, which concentrates on relaxing connective tissue. It's been great for controlling muscle spasms and increasing flexibility. The book seems to be a guide for therapists who were exploring this concept at least 40 years ago. My instructor was happy to get this book
0 of 0 people found the following review helpful. Good introduction and overview.
By FRANK D.Great book on the nuances of the proprioceptive nm processes that control every movement. Good information for anyone, especially physical therapists in training.
0 of 0 people found the following review helpful. PNF: The foundation of this field of study.
By Kimberly McKayThis book is high on the bibliography list for students of bodywork and sports massage. This copy arrived quickly and safely from this vendor.

This edition presents both the "what" and the "how to" in education and therapy. The text's practical approach to therapeutic exercise and neuromuscular education or re-education includes detailed analyses of patterns of facilitation, descriptions of the repertoire of techniques, and illustrations depicting individual patterns and total patterns of

movement. Copiously illustrated throughout, it covers patterns pertaining to specific areas of the body as well as mat activities that are used to promote full-body functioning.