Ikona Health

Clinical Application of PNF in Neurological and Orthopedic Rehabilitation

Course Curriculum

Learning outcomes
• Understand the principles behind PNF
• Perform core PNF techniques correctly
• Apply PNF to neurological and orthopedic patients
• Build PNF into treatment plans

1. Introduction to PNF — what PNF is and its benefits
2. Principles and patterns — how PNF works and its diagonal movement patterns
3. Core techniques — step-by-step demonstrations of contract-relax, hold-relax and rhythmic initiation
4. Neurological rehabilitation — PNF for conditions such as spinal cord injuries, stroke, etc
5. Orthopedic rehabilitation — PNF for fractures, joint instability and post-surgical recovery
6. Goals and outcomes — improving mobility, strength and coordination, and the evidence for PNF
7. PNF in practice — adding PNF to therapy routines and care plans

Certificate
A certificate of completion is issued upon completing the course.

Disclaimer

For educational purposes only. Not a substitute for hands-on clinical training or medical advice