Proprioceptive Neuromuscular Facilitation is one of the commonmost stretching methods alongside static and ballistic stretching. It involves both active and passive techniques. The passive technique, or "contract-relax" and "hold-relax", involves placing a muscle into a position where it is weak and creating a static contraction.

The therapist may also passively move the extremity for a greater stretch. The active technique, or "contract-relax-antagonist-contract", includes the same steps as the passive technique, however, the passive movement for a greater stretch is replaced by an active contraction of the antagonist muscle. Though PNFM is a well-known stretching technique, there is research to show that it has implications on muscular strength as well. Furthermore, it enables the specific root to the neuromuscular mechanism of the stimulation of proprioceptors.

The body's proprioceptive system and inhibition or excitation of synergistic muscle contractions is enabled through the use of PNFM techniques.1,2,3

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Katharina H. Dohl, Tyler J. Whitcomb, Wyatt G. Briggs, Janggyeong Hong

The purpose of this study was to determine the effects of PNF techniques on muscle strength and power in adults.

Systematic review

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