**Proprioceptive Neuromuscular Facilitation Stretching Protocols**

**PNF Reciprocal Inhibition:** Take muscle to be stretched to tension. Have patient contract antagonist muscle. This inhibits the agonist. Excellent for take home stretches. Contract antagonist & hold stretch for 15-30 seconds or less based on patient tolerance/comfort. Repeat 3-5x or less based on patient tolerance/comfort or need. Allow 30-60 second rest between repetitions.

**PNF Contract-Relax-Passive**
Contract agonist for 5-10 seconds. Relax for 1-2 seconds, while patient takes a slow deep breath. Passively stretch agonist & hold stretch for 15-30 seconds or less based on patient tolerance/comfort. Repeat 3-5x or less based on patient tolerance/comfort or need. Allow 30-60 second rest between repetitions.

**PNF Contract-Relax-Contract Stretch**
Contract agonist for 5-10 secs. Relax for 1-2 secs, pt takes a slow deep breath. Contract antagonist & hold stretch for 15-30 secs or less based on pt tolerance/comfort. Repeat 3-5x or less based on patient tolerance/comfort or need. Allow 30-60 sec rest between repetitions.