

## **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.