

# 《DNF实践 DNF in Practi》

## 图书基本信息

书名：《DNF实践 DNF in Practice》

13位ISBN编号：9789624300246

10位ISBN编号：9624300240

出版社：北京科文图书业信息技术有限公司

页数：257

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## 内容概要

PNF (Proprioceptive Neuromuscular Facilitation) is an approach to therapeutic exercise which therapists all over the world have found effective for treating patients with a wide range of diagnoses. The approach presented here is based on the concepts set out by Dr. Herman Kabat and taught by Margaret Knott. The authors, experienced PNF teachers, show how they use the PNF method for effective evaluation, planning and treatment, and the readers will gain a clear understanding of why, how and when to apply PNF techniques in patient treatment. The book's special feature is the detailed photographic documentation of PNF patterns, mat and gait activities and their functional application. The combination of photographs and accompanying text guides students learning PNF and stimulates therapists familiar with the method to review and improve their skills.

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## 精彩短评

### 1、垃圾

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## 精彩书评

1、全是英文 我怎么看得懂啊 所以我要学好英语 一定要学好英语 英语对我们很好的 一定要学好

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