Literatur zum Artikel „PNF-Techniken für die Schulter“ von Marcel Grzebellus


Weiterführende Literatur zu PNF

Bonnar BP, Deivert RG, Gould TE. The relationship between isometric contraction durations during hold-relax stretching and improvement of hamstring flexibility. Journal sports medicine and physical fitness 2004; 3: 258–261


Chow TPY, Ng GYF. Active, passive and proprioceptive neuromuscular facilitation stretching are comparable in improving the knee flexion range in people with total knee replacement: a randomized controlled trial. Clinical Rehabilitation 2010; 24: 911–918


Feland JB, Marin HN. Effect of sub maximal contraction intensity in contractrelax proprioceptive neuromuscular facilitation stretching. British journal of sports medicine 2004


Wenos DL, Konin JG. Controlled warm-up intensity enhances hip range of motion. Journal of strength and conditioning research 2004; 3: 529–533