



**INTERNATIONAL SCIENTIFIC-
PRACTICAL CONFERENCE**

**CURRENT STATE AND PRIORITIES MODERNIZATION
OF SCIENCE, EDUCATION AND SOCIETY**

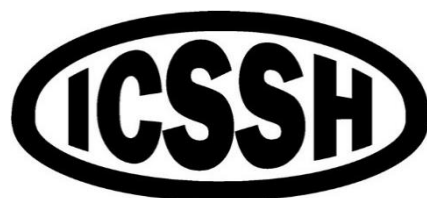
Book of abstracts



February 8, 2025

**Tampere,
Finland**





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Baku State University

Bila Tserkva National Agrarian University

Dnipro Academy of Continuing Education

Dnipro Transport and Economic College

Institute of Agroecology and Nature Management of NAAS

Ivano-Frankivsk National Technical University of Oil and Gas

Kharkiv National Medical University

Khmelnysky National University

Kyiv National University of Technology and Design

Literary and Memorial Museum-Apartment of P. Tychna in Kyiv

Maritime Applied college of Kherson State Maritime Academy

Maritime Applied College of Kherson State National Music Academy of Ukraine named
after P. Tchaikovsky

National Academy of the State Border Guard Service of Ukraine

National Army Academy named after Hetman Petro Sahaidachnyi

National University “Odesa Law Academy”

National University of Ostroh Academy

National University of Water and Environmental Engineering

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“Donetsk National Technical University”

State Institution “Luhansk State Medical University”

Taras Shevchenko National University of Chernihiv Collegium

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**APPLICATION OF PNF IN REHABILITATION AFTER
SPINAL CORD INJURIES: IMPROVING GAIT FUNCTION**

Proprioceptive Neuromuscular Facilitation (PNF) is an effective technique for restoring motor function in patients after spinal cord injuries [1, p. 45]. This method promotes neuroplasticity activation, improves coordination, and enhances muscle strength, which is crucial for gait recovery [2, p. 78].

The relevance of this study is due to the high prevalence of spinal cord injuries and the need for effective rehabilitation strategies [3, p. 102]. The PNF method includes various movement patterns that stimulate neuromuscular interaction and contribute to the restoration of dynamic balance [4, p. 56].

Clinical studies have shown that using PNF in rehabilitation improves gait parameters such as step length, symmetry, and walking speed [5, p. 89]. The combination of PNF with other rehabilitation techniques, such as robotic therapy and functional electrical stimulation, plays a significant role in achieving better outcomes [6, p. 112].

Future research should focus on optimizing PNF protocols for different levels of spinal cord injury and integrating this technique into multidisciplinary rehabilitation programs [7, p. 134].

Neuroplasticity and PNF in Rehabilitation

The PNF method stimulates the plasticity of the central nervous system, which is a crucial aspect of gait recovery after spinal cord injuries. Studies confirm that using PNF movement patterns activates residual neural connections and improves muscle control in the lower limbs [1, p. 45].

Improvement of Functional Gait

Applying PNF enhances the quality of walking in patients with spinal cord injuries. Clinical trials indicate that regular PNF-based training increases step length and gait symmetry [2, p. 78].

Combination of PNF with Other Rehabilitation Methods

Optimal results are achieved by combining PNF with other rehabilitation techniques, such as functional electrical stimulation and robotic gait training. Research shows that a combined approach leads to faster recovery of functional mobility [3, p. 102].

The Impact of PNF on Balance and Coordination

PNF exercises contribute to improved balance, a key aspect of gait recovery after spinal cord injury. This method reduces the risk of falls and enhances movement strategies in patients [4, p. 56].

Future Research in PNF Rehabilitation

Further research should focus on optimizing individualized PNF programs for patients with different levels of spinal cord injuries. Additionally, it is essential to develop standardized criteria for assessing the long-term effectiveness of this method [5, p. 89].

The application of Proprioceptive Neuromuscular Facilitation (PNF) in the rehabilitation of patients with spinal cord injuries has proven to be an effective approach to restoring gait function. By enhancing neuroplasticity, improving muscle coordination, and promoting functional mobility, PNF facilitates a more efficient and adaptive recovery process.

Further research is needed to refine and personalize PNF rehabilitation protocols for various levels of spinal cord injury. Long-term studies will be important to understand the sustained effects of PNF and its integration into comprehensive rehabilitation programs. By continuing to optimize its use, PNF has the potential to greatly improve the quality of life for individuals living with spinal cord injuries.

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