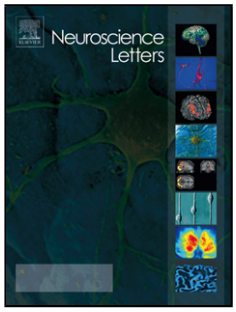

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DIAGONAL MOVEMENT OF THE UPPER LIMB PRODUCES GREATER ADAPTIVE PLASTICITY THAN SAGITTAL PLANE FLEXION IN THE SHOULDER

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HIGHLIGHTS

- The effects of PNF on the brain's electrical activity
- PNF generates greater changes in cortical activity, as assessed by beta band absolute power levels
- PNF generates greater neural recruitment for the execution of maneuvers, when compared with shoulder flexion in the sagittal plane alone.