

Mulligan Details

Introduction to the Mulligan Concept

[3 hours, ProCert 3 CCUs](#)

We are very excited to offer this introductory glimpse into the practical application of Brian Mulligan's mobilization with movement approach to musculoskeletal problems. The techniques will be described and demonstrated by Brian Mulligan, Rick Crowell and Brian Folk of the Mulligan Concept Teachers Association. The techniques include Mobilization with Movement (MWM), NAGs, SNAGs, home exercise techniques and taping. The treatment of common shoulder, lumbar, thoracic, cervical, hip, knee and ankle problems will be offered. The guidelines and indications necessary to apply the techniques are presented in an engaging verbal and visual format. The intended result is immediate enhancement of assessment and treatment skills applicable to spinal and extremity joints utilizing Mobilization with Movement techniques.

Mulligan Concept: Cervical and Upper Cervical Region

[2-hours,, ProCert 2 CCUs](#)

The presenters discuss Mobilization With Movement (MWM) techniques for the cervical and upper cervical spine for treating stiffness, pain, headaches, and cervicogenic dizziness. They also demonstrate self treatment techniques.

Mulligan Concept: Lumbar Spine, Sacroiliac Joint, and Hip

[1 hour 40 minutes, ProCert 2 CCUs](#)

This course discusses Mobilization with Movement (MWM) techniques for treating the lumbar spine, sacroiliac joint, and hip, including lumbar SNAGS (Sustained Natural Apophyseal Glides) and home therapies.

Mulligan Concept: Hand, Wrist, and Elbow

[2 hours, ProCert 2 CCUs](#)

This is a presentation of Brian Mulligan's Mobilization with Movement (MWM) approach to musculoskeletal problems in the hand, wrist, forearm and elbow. These manual therapy treatment techniques will be described and demonstrated by Brian Mulligan with Don Reordan and Julie Paolino of the Mulligan Concept Teachers Association. The course includes examples of MWM for differential diagnosis as well as treatment, home exercise

techniques and taping. It covers possible treatment interventions for loss of finger, wrist or elbow motion, loss of supination/pronation and lateral elbow pain with gripping or wrist extension (tennis elbow). The guidelines and indications necessary to apply the techniques are presented in a verbal and visual format. The intended result is immediate enhancement of assessment and treatment skills applicable to the upper extremity joints utilizing Mobilization with Movement techniques.

Mulligan Concept: Shoulder/Thoracic/ Spinal Mobilization with Arm Movement

1.5 hours, ProCert 2 CCUs

The techniques will be described and demonstrated by Brian Mulligan, Rick Crowell and Brian Folk of the Mulligan Concept Teachers Association. The techniques include Mobilization with Movement (MWM), Reverse NAGs, and SNAGs. The guidelines and indications necessary to apply the techniques are presented in an engaging verbal and visual format. The intended result is immediate enhancement of assessment and treatment skills utilizing Mobilization with Movement techniques.

Mulligan Concept: Foot, Ankle, & Knee

2 hours, ProCert 2 CCUs

This course explores in detail the revolutionary Mobilization with Movement (MWM) techniques for treating lateral ankle sprains, as well as foot and knee pain. Specific attention is given to the first MTP joint, plantar flexion, dorsiflexion, Achilles tendon, and calcaneus. The presenters will also demonstrate taping techniques for the ankle

Mulligan Concept: Canine Applications

1.5 hours

World renowned canine physical therapist Debbie Gross Saunders and Brian Mulligan demonstrate Mobilization With Movement (MWM) techniques for dogs. She gives special considerations to sustained natural apophyseal glides (SNAGS) and natural apophyseal glides (NAGS) for reducing pain and increasing mobility.