



Mulligan concept – Part B, Course

PROGRAM: 3 days Mulligan course, Concept of B. Mulligan and MCTA.

Course place:

Dates:

Course time: Starting at 9.00 h (bring sport clothes) and finishes 17.00 h Last day ca. 16.00 h.

Course tutor: Sakis Adamidis PhD, MCTA

Literature: Course members need the book "Manual Therapy NAGS, SNAGS, MWMS, etc.": Brian R. Mulligan FZNSP (Hon). Dip MT sixth edition. This book is the standard for the Mulligan course. This will be very helpful and will save time. (ISBN 0-476-01154-X).

At the first course day course members will get a course hand-out of the projections.



Time schedule: Lower Quadrant

Day 1

09.00 – 13.00 (including short break)

13.00 – 14.00 (lunch time)

14.00 – 17.00 (including short break)

Introduction: History, Mobilization with movement, clinical reasoning, proposed mechanisms by which MWM work (central-peripheral neural pain mediated inhibitory pain mechanisms)

Lumbar SNAG’s

- Lumbar Flexion SNAG: Sitting
- Lumbar Extension SNAG: Sitting
- Lumbar Extension SNAG: Prone
- Lumbar Flexion SNAG: Standing
- Lumbar Flexion Self-SNAG
- Lumbar Extension Self-SNAG with Belt
- Lumbar Extension Self SNAG with Manual Grip
- SNAGS with the Lion Exercises
- SNAGS with the Lion Exercises Unilateral L5/S1

Ankle/Foot

- Sprained Ankle MWM: Starting Position Medial
- Sprained Ankle MWM: Starting Position + Sponge
- Sprained Ankle MWM: Inferior Tib-Fib
- Taping for Sprained Ankle
- Ankle Dorsi-Flexion MWM: Inferior Tib-Fib in Closed Chain
- Ankle Plantar-Flexion MWM
- Ankle Dorsi-Flexion MWM: Closed Kinetic Chain
- Taping for Plantar Fasciitis Heel pain
- Mid Foot Dorsi-Flexion MWM: Navicular-Cuneiform
- Taping for Navicular-Cuneiform joint
- Inter-Metatarsal Inversion MWM
- Metatarsalgia MWM
- First MTP Extension MWM: Open Kinetic Chain



Day 2

09.00 – 13.00 (including short break)

13.00 – 14.00 (lunch time)

14.00 – 17.00 (including short break)

SLR Techniques

- Two Leg Rotation or Gate technique
- Two Leg Rotation or Gate technique: alternative grip
- Gate Technique Homework Exercise
- Bent Leg Raise
- Straight Leg raise With Traction
- Straight Leg Raise with Compression
- Hip Flexion SMWLM: Side Lying
- Hip Flexion SMWLM: Prone Lying
- HIP Extension SMWLM
- Knee Flexion SMWLM in Supine

Knee

- Knee Extension MWM: Side Glide Open Chain
- Knee Extension MWM: Rotation (079)
- Knee Taping for Internal Rotation
- Knee Flexion MWM: Rotation in Open Chain
- Knee External Rotation MWM: Open Kinetic Chain + OP via Belt
- Knee Flexion MWM: Rotation in Closed Kinetic Chain
- Knee Flexion MWM: Glides in Closed Kinetic Chain
- Knee Flexion MWM in Supine: Side Glide with Belt Assistance
- Knee Flexion MWM: Posterior Glide
- Knee Extension MWM: Side Glide in Closed Chain
- Knee Extension MWM: Sup. Tib-Fib in Open Chain
- Knee Flexion MWM: Superior Tib-Fib in Closed Kinetic Chain
- Squeeze for the Knee



Hip

Hip Internal Rotation MWM: Open Kinetic Chain

Hip Flexion MWM

Hip Extension MWM: Open Kinetic Chain

Hip Extension MWM: Closed Kinetic Chain

Hip Abduction MWM: Closed Kinetic Chain

Hip External Rotation MWM: Faber Position

SI-Joint

SI Anterior Innominate MWM: Extension in Lying

SI Posterior Innominate MWM: Extension in Lying

SI Anterior Innominate MWM: Extension in Standing

SI Posterior Innominate MWM: Flexion in Standing

SI Posterior Innominate MWM: Side Bending in Standing

SI Anterior Innominate MWM: Assisted Walking



Day 3

09.00 – 13.00 (including short break)

13.00 – 14.00 (lunch time)

14.00 – 17.00 (including short break)

Ankle

Ankle Dorsi-Flexion MWM: Open Kinetic Chain

First MTP Extension MWM: Closed Kinetic Chain

Hip

Hip Internal Rotation MWM: Closed Kinetic Chain

Hip Flexion MWM: Closed Kinetic Chain (knees and hands)

Hip Adduction with Traction

Hip Abduction with Traction

Hip Extension with Traction

Lumbar Spine

Slump Position SNAG

Lumbar Extension Prone (Self Treatment)

Lion Position (Self Treatment)

Lx Self SNAG in Lion Position



Taping Techniques

- Taping Sacro-Iliac
- Taping Sacro-Iliac Self Mobilisation
- Taping Lumbal
- Taping Trochanteric Bursa
- Taping Tibio Fibular Proximal
- Taping Achilles Tendonosis
- Taping Muscle Strains (Calf Muscle)
- Taping Muscle Strains (Hamstrings)

PRP's Lower Quadrant

- Hip Flexion/Adduction PRP
- Hip External Rotation Faber Position Stretch PRP
- Hip External Rotation Faber Position Contraction PRP
- Knee PRP
- Patello Femoral PRP
- Fifth Metatarsal Cuboid PRP
- Second Metatarsal "Metarsalgia" Compression PRP
- First MTP PRP
- Sesamoid Compression PRP
- EHL Tenopathy Stretch PRP
- EHL Tenopathy Contraction PRP