



Mulligan concept – A part, course

PROGRAM: 3 days course: Upper Quadrant

Course place: Tirana, Albania

Dates: 18 – 20, November 2022

Course time: 08.30 – 17.30

Course tutor: Francisco Neto PT, CMP, OMT, Accredited Mulligan Teacher MCTA®

Literature: Course members need the book "**Manual Therapy NAGS, SNAGS, MWMS, etc.**": Brian R. Mulligan FZNSP (Hon).Dip MT 7th edition. This book is the standard for the Mulligan course. This will be very helpful and will save time.

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



Time schedule: Upper Quadrant

Day 1

09.00 – 13.00 (including short break)

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

Wrist and Hand: Assessment and clinical reasoning for Wrist & Hand dysfunctions

- MWM joint classification: - Hinge joints – Long bones – Small bones principles
- MWM Fingers (lateral/medial glides, rotations)
- MWM Wrist techniques (lateral/medial glides, rotations)
- MWM CMC techniques (rotation, ventral, dorsal)

Cervical Spine and Upper Thoracic Region: Assessment and clinical reasoning for Cervical spine and upper thoracic spine dysfunctions

- NAGS (C2–C6)
- REV. NAGS (C6-T3)

13.00 – 14.00 Lunch break

14. 00 – 17.30 (including short break):

Cervical spine: Assessment and clinical reasoning for Cervical spine dysfunctions

- SNAG mobilizations for flexion, extension, lateral flexion, rotations/ self SNAG's
- Self-SNAG principles (fist traction, wry neck, etc)



Day 2

08.30 – 13.00 (including short break)

Cervical spine: Assessment and clinical reasoning (Radicular symptoms)

- SNAG – POSITIONAL SNAG (compression - neurodynamics)/ self-SNAG's
- Traction Cx for high SIN radicular symptoms

Upper cervical Spine: Assessment and clinical reasoning for Headache, dizziness, vertigo, nausea

- Headache SNAG/ self-SNAG
- Rev. Headache SNAG/ self-SNAG
- Upper cervical Traction/ self-SNAG
- Test C1/2 rotation – SNAG C1/2
- SNAG C2 (dizziness, vertigo)/ self-SNAG
- SNAG C1 (dizziness, vertigo)/ self-SNAG

13.00 – 14.00 Lunch break

14. 00 – 17.30 (including short break)

Shoulder girdle complex: Assessment and clinical reasoning for shoulder girdle complex

- Gleno-humeral MWM's for shoulder elevation, external/Internal rotations in different positions
- MWM scapula techniques in different positions
- Self MWM principles

Elbow complex: Assessment and clinical reasoning for elbow region dysfunction

- MWM for ulna-humerus joint. (Lateral-medial glides, rotational techniques, olecranon techniques)
- MWM for pronation and supination
- Self-MWM principles
- Tennis/ Golfer's elbow management



Day 3

08.30 – 13.00 (including short break)

Introduction to PRP techniques

Basic idea, principles, rules for application

- 1st metacarpal – trapezoid (compression) ○
Pisiform (compression) ○ Tennis elbow
(resistance) ○ Golfer's elbow (resistance)
- De Quervains sign (stretch and resistance) ○
Shoulder chronic pain (stretch)

13.00 – 14.00 Lunch break

14.00 – 17.30 (including short break)

Thoracic Spine: Assessment and clinical reasoning for Thoracic spine dysfunctions

- SNAG Thx spine ○ MWM
ribs ○ Traction Thx &
Upper Lx spine

Taping based on MWM principles for extremities

- Wrist ○ Elbow ○
Gleno-humeral

End of the Upper Quadrant section