



THE MULLIGAN CONCEPT ADVANCED COURSE: Spinal and Peripheral Manual Therapy Treatment Techniques

COURSE DESCRIPTION: This unique approach to manual therapy was discovered and developed by Brian Mulligan F.N.Z.S.P. (Hon), Dip. M.T. from Wellington, New Zealand. This simple yet effective manual approach addresses musculoskeletal disorders with pain free manual joint "repositioning" techniques for restoration of function and abolition of pain. This two-day Advanced course will review and fine tune the participants skill level with the Mulligan approach to manual therapy for the whole body. In addition, it will provide instruction in the use of Pain Release Phenomenon techniques and compression techniques. It will include lecture, patient demonstrations, and lab time to give the participants an opportunity for depth problem-solving, refinement and advancement of technique for this Mobilization With Movement approach. This will also prepare those interested in taking the Certified Mulligan Practitioner Exam. **Target audience:** PTs, PTAs, OTs, ATCs, Osteopaths and Chiropractors.

LEARNING OUTCOMES/Objectives: *By the end of the course the participant will be able to accurately:*

- Describe two indications and 2 clinical rules for the application of Pain Release Phenomenon and Compression Techniques
- Demonstrate 3 ankle MWM techniques for ankle ROM impairment.
- Integrate a combined proximal / distal MWM technique in the lower leg when presented with findings of persistent ankle sprain leg pain & dysfunction.
- Demonstrate 2 knee MWM techniques for ROM impairment.
- Integrate 1 advanced MWM combination for medial compartment of the knee when given a presentation of persistent knee joint dysfunction.
- Demonstrate 3 hip MWM techniques for ROM impairment.
- Demonstrate 2 knee taping procedures to reinforce MWM techniques.
- Demonstrate 3 key variables that may need to be modified for pain-free effective MWM of peripheral and axial skeletal joints
- Demonstrate 5 manual techniques for the alleviation straight leg raise pain.
- Integrate 1 advanced combined MWM for sidelying SLR dysfunction when given a presentation of persistent SLR dysfunction.
- Demonstrate 2 manual techniques for the alleviation of SI jt pain.
- Demonstrate central and unilateral manual SNAG techniques for the pain-free improvement of lumbar, cervical and thoracic ROM.
- List 2 indications for wrist/hand taping procedures for the proximal row of carpals and the metacarpals to reinforce an MWM technique.
- Demonstrate 2 elbow MWM techniques for loss of motion and tennis elbow.
- Integrate one forearm combined MWM of the proximal and distal radius/ulna when given a clinical pattern of persistent forearm pain.
- Demonstrate 3 shoulder MWM techniques for shoulder elevation impairment.
- Demonstrate 3 manual techniques for the alleviation of cervicogenic headaches and dizziness
- Integrate one combined shoulder MWM and cervical SNAG when presented with a persistent cervical / shoulder musculoskeletal dysfunctional pattern.
- Cite at least 2 RCT studies that support cervical snags for headaches and dizziness

COURSE OUTLINE: Two Day Course 8:00AM – 4:00PM (13 hours) Instruction in MWM concept with lecture, demonstration and lab practice

DAY 1 8:00-8:30 Introduction, clinical problem identification and reflection

Review, Problem-Solve, Refinement and advanced progressions of the techniques for:

8:30-9:00 **Hand & Wrist demo & lab practice:** IP, MCP, Metacarpals, Carpals, MWMs and taping techniques

9:00-9:30 **Pain Release Phenomenon (PRP) & Compression Techniques lecture**

9:30-10:00 **Pain Release Phenomenon (PRP) & Compression Techniques demo & lab practice:** Pisiform, Dequervain's, CMC jt

10:00-10:15 **Break time**

10:15-11:00 **Elbow demo & lab practice of MWM progressions/combinations:** flexion, extension, proximal radioulnar jt, tennis elbow, HEP

11:00-11:30 **Shoulder demo & lab practice of MWM progressions:** manual & belt MWMs for elevation, IR, ER, functional activities, HEP

11:30-12:00 **Pain Release Phenomenon & Compression Techniques demo & lab practice:** tennis elbow, radiohumeral jt & shoulder jt,

12:00-1:00 **Lunch**

1:00- 2:30 **Cervical demo & lab practice of progressions/combinations:** NAGs, SNAGs, HEP, Txn techs, Positional SNAGs, SWAMs, cervical PRPs

2:30- 2:45 **Break time**

2:45- 3:00 **Upper Cervical lecture evidence based practice**

3:00-3:30 **Upper Cervical demo and lab practice progressions:** Headache and Cervicogenic Dizziness treatments

3:30-4:00 **Thoracic and rib cage demo and lab practice:** snags and MWMs for ribs 1-12

DAY 2 8:00-8:45 Toes/Feet demo & lab practice progressions: IP, MCP, metatarsals, tarsals, plantar fasciitis, and taping techniques

8:45-9:30 **Ankle demo & lab practice progressions/combinations:** talocrural, distal tib/fib jt, DF, PF, ankle sprains, and taping techniques

9:30-10:00 **Pain Release Phenomenon and Compression Techniques demo and lab practice:** MTP jts, EHL tendon, tarsals, sesamoids

10:00-10:15 **Break time**

10:15-12:00 **Knee demo & lab practice progressions/combinations::** Belt MWMs, IR MWM, Squeeze tech for meniscus, proxi tib/fib jt, taping & PRP tech

12:00-1:00 **Lunch**

1:00- 2:00 **Hip demo & lab practice progressions/combinations:** flex, ext, rot, non-wt bearing & wt bearing techniques & PRP techs

2:00- 2:45 **Lumbar demo & lab practice progressions/combinations::** SNAGs, self SNAGs, SLR techs, SNAGS with SLR, HEP

2:45-3:00 **Break time**

3:00-3:45 **Pelvic Girdle demo & lab practice progressions:** ilial rotations, upslip, plinth and weight bearing techniques, taping techniques

3:45-4:00 **Practical Review session. Post course test.**

COURSE REQUIREMENTS and REQUIRED READING: Wear loose, comfortable lab clothes. Bring mobilization belts, mobilization pads if available.

Books/belts resource:: <http://www.us.elsevierhealth.com/the-mulligan-concept-of-manual-therapy-9780729541596.html>, www.OPTP.com or Amazon

1. **The Mulligan Concept of Manual Therapy: Textbook of Techniques** by Hing, Hall, Rivett, Vicenzino & Mulligan, 2015.

2. **Manual Therapy, "NAGS", "SNAGS", "MWMs", etc., 6th ed.** Brian Mulligan, 2010.

Suggested Reading: Mobilisation with Movement: The art and science by Vicenzino, Hing, Rivett and Hall, 2011.