



Mulligan Concept™ Mobilization With Movement – Advanced course

The Mulligan Concept™ Advanced Course introduces a custom approach to manual therapy, founded and created by Brian Mulligan. Mobilization With Movement™ with the Mulligan Concept™ is a simple and practical method of addressing musculoskeletal disorders with painless manual therapy forces that can restore pain-free functional movement. Our two-day advanced course introduces new techniques and refines students' skills with the Mulligan Concept™.

Additionally, this course will offer instruction in the application of Pain Release Phenomenon methods and compression techniques. This course incorporates a comprehensive lecture, patient demonstrations, as well as extensive lab time to allow students the chance to gain full knowledge and understanding of Mobilization With Movement™ and the Mulligan Concept™.

Learning Outcomes

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.
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- 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

FIRST DAY 8:00AM – 4:30 PM

SECOND DAY 7:30AM – 3:30 PM

DAY 1:

- **8:00-8:30** Sign in and Registration. Introduction, clinical problem identification and reflection, and participant goals for the weekend (which techniques need refinement? Which techniques give you trouble?)
- **8:30-9:00** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Hand & Wrist, IP, MCP, Metacarpals, Carpals, and taping techniques.
- **9:00-9:30** Pain Release Phenomenon (PRP's) Introduction and lecture.
- **9:30-10:00** Pain Release Phenomenon (PRP's) demonstration and lab practice: Pisiform, Dequervain's, CMC joint.
- **10:00-10:15** Break time
- **10:15-11:00** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Elbow.
- **11:00-11:30** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Shoulder.
- **11:30-12:00** Pain Release Phenomenon (PRP's) demonstration & lab practice: tennis elbow, radiohumeral joint & shoulder joint.
- **12:00-1:00** Lunch
- **1:00- 2:30** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Cervical spine including introduction of Cervical PRP's.
- **2:30- 2:45** Break time
- **2:45- 3:00** Upper Cervical lecture: evidence based practice
- **3:00-3:45** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Upper Cervical spine. Headache and Cervicogenic Dizziness treatments.

- **3:45-4:30** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Thoracic spine and rib cage

DAY 2:

- **7:30-8:15** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Toes/Feet.
- **8:15-9:00** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Ankle.
- **9:00-9:30** Pain Release Phenomenon (PRP's) demonstration and lab practice: MTP joints, EHL tendon, tarsals, sesamoids.
- **9:30-10:00** Break time
- **10:00-11:30** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Knee. Pain Releasing Phenomenon technique for the Patello-femoral joint.
- **11:30-12:00** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Hip.
- **12:00-1:00** Lunch
- **1:00- 1:30** Hip demonstration & lab practice continued including PRP's.
- **1:30- 2:15** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Lumbar spine and positive SLR techniques.
- **2:15-2:30** Break time
- **2:30-3:00** Review, problem-solve, refinement, advanced progressions, and practice of the techniques for the Lumbo-pelvic girdle.
- **3:00-3:30** Practical Review session. Post course test