



Mulligan Concept™ Mobilization With Movement - Lower Quarter

This two-day course introduces you to the Mulligan Concept™ (or Mobilization With Movement™) approach to manual therapy for the lower portions of the body. We thoroughly cover Mobilization With Movement™ of the lumbar spine, the sacroiliac joint, and the lower extremities as well. This course includes a comprehensive lecture that encompasses numerous Mulligan Concept™ techniques, patient demonstrations, and comparable lab time to provide participants an extensive overview of the Mobilization With Movement® approach to the lower portion of the body. This custom approach to manual therapy was founded and established by Brian Mulligan. The Mulligan technique is a simple and practical method of addressing musculoskeletal disorders with painless manual therapy forces that can restore pain-free, functional movement.

Learning Objectives

By the end of the course the participant will be able to accurately:

- List 3 key components of Mobilization With Movement™ for the treatment of lower quarter.
- Demonstrate 3 ankle MWM techniques for ankle ROM impairment.
- Demonstrate 2 knee MWM techniques for ROM impairment.
- Demonstrate 3 hip MWM techniques for ROM impairment.
- List 2 indications for ankle and knee taping procedures to reinforce MWM techniques.
- Demonstrate 3 key variables that may need to be modified for pain-free effective MWM of the lower extremity, SI jt and lumbar spine.
- Demonstrate 3 manual techniques for the alleviation straight leg raise pain.
- 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 ROM.
- Cite at least 2 RCT studies that support ankle sprain MWM and taping.
- Cite at least 1 RCT studies that support the MWM approach to dorsiflexion loss of the ankle.
- integrate a combined proximal fibula AP MWM WITH a distal fibula AP MWM technique while the patient performs a squatting activity pain-free.

Course Outline: Two Day Course

SAT 8:00AM – 4:30 PM

SUN. 7:30AM – 3:30PM

DAY 1:

- **8:00-9:00** Sign in and Registration. Pre-test. Introduction, theory, guidelines for practical application of Mobilization With Movement (MWM's): CROCKS and PILL
- **9:00-10:00** Toes/Feet demo & lab: 1st MCP, metatarsals, tarsals, plantar fasciitis & taping techniques
- **10:00-10:15** Morning Break
- **10:15-10:30** Ankle Lecture: literature evidence for evaluation and treatment of ankle sprain and dorsiflexion pain and/or mobility loss
- **10:30-12:00** Ankle demonstration & lab practice: talocrural and proximal/distal tibia/fibular joint & taping
- **12:00-1:00** Lunch
- **1:00-2:30** Knee demonstration & lab: Literature evidence for evaluation and treatment. MWM's & taping
- **2:30-2:45** Afternoon Break
- **2:45-4:30** Literature evidence for evaluation and treatment of Hip. Demonstration and lab practice: Mobilization with Movement and self management strategies

DAY 2:

- **7:30-8:30** Review of Day 1 topics and treatments. CMP exam requirements. Hip demonstration and lab practice continued: weight bearing techniques.
- **8:30-9:30** Lumbar demo & lab practice: Sustained Natural Apophyseal Glides (SNAG's) in sitting, standing, quadruped, prone.
- **9:30-9:45** Morning Break
- **9:45-12:00** Lumbar demo & lab practice continued. Self SNAG's, SLR techniques, HEP
- **12:00-1:00** Lunch
- **1:00-3:00** Lumbopelvic demo & lab practice: innominate & sacral techniques, weight bearing / non weight bearing, taping & HEP.

- **3:00-3:30** Practical review session. Post course test