



Mulligan Concept™ Mobilization With Movement - Upper Quarter

This two-day course will present the Mulligan Concept™ of manual therapy for the cervical and thoracic spines in addition to the upper extremity. This two-day course includes all-inclusive lectures, patient demonstrations, and substantial lab time to offer the participants a comprehensive overview of the Mobilization With Movement™ process for the upper quarter. This custom approach to manual therapy was created by Brian Mulligan. It is one of the simplest yet most effective approaches to manual therapy for musculoskeletal disorders. 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 manual components of Mobilization With Movement for the treatment of upper quarter.
 - Demonstrate 3 shoulder MWM techniques for shoulder elevation impairment.
 - Demonstrate 2 elbow MWM techniques for loss of motion and tennis elbow.
 - List 2 indications for wrist/hand taping procedures for the proximal row of carpals and the metacarpals to reinforce an MWM technique.
 - Demonstrate 3 key variables that may need to be modified for pain-free effective MWM of the upper extremity, cervical and thoracic spine.
 - Demonstrate 3 manual upper cervical techniques used for the alleviation of cervicogenic headaches

- Demonstrate 3 manual upper cervical techniques used for the alleviation of cervicogenic dizziness
- Demonstrate central and unilateral manual SNAG techniques for the pain-free improvement of cervical and thoracic ROM.
- Cite at least 2 RCT studies that support cervical snags for headaches and dizziness
- Cite at least 2 RCT studies that support the MWM approach to Tennis elbow

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.
- 9:00-9:30 Hand demonstration and lab practice: IP, MCP, Metacarpals, Carpals, and taping techniques.
- 9:30-10:00 Literature evidence for evaluation and treatment of Wrist. Demonstration and lab practice: MWMs for flexion, extension, supination, pronation, and taping.
- 10:00-10:15 Break time
- 10:15-12:00 Cervical demonstration and lab practice: Natural Apophyseal Glides (NAGs), Reverse NAGs, Sustained Natural Apophyseal Glides (SNAGs).
- 12:00-1:00 Lunch
- 1:00- 2:00 Cervical demonstration and lab practice: SNAGs continued. Self-SNAGS/HEP/Self management.
- 2:00-2:30 Upper Cervical lecture: evidence for evaluation and assessment of Upper Cervical pain, mobility loss, headaches and cervicogenic dizziness.
- 2:30- 2:45 Break time

- **2:45- 4:30** Upper Cervical lab practice for Headache/Cervicogenic Dizziness and pain/Mobility loss.

DAY 2:

- **7:30-9:30** Review of Day 1 topics and treatments. CMP exam requirements. Cervical demonstration & lab practice: traction techniques, Transverse SNAG's (Positional SNAGS's), Spinal Mobilization with Arm Movement.
- **9:30-9:45** Break time
- **9:45-11:00** Elbow demonstration and lab practice, HEP/ patient self-management strategies.
- **11:00-12:00** Literature evidence for evaluation and treatment of the Shoulder. Demonstration and lab practice.
- **12:00-1:00** Lunch
- **1:00- 2:00** Shoulder demonstration and lab practice continued to include the Acromioclavicular joint and Scapulothoracic area: MWM, HEP/self management.
- **2:00- 2:15** Break time
- **2:15- 3:00** Rib and Thoracic demonstration and lab practice: MWM for the ribs and thoracic.
- **3:00 – 3:30** Review, Post Test and Closing