The Mulligan Concept - Nags, Snags, Mobilisations with Movement etc - have changed considerably over the years since they were first introduced. There are new techniques, new ways of doing old techniques, and scientifically-grounded explanations for the concept now. There is also a considerable body of research to support it.

Tutor
Ed Wilson is an Accredited Mulligan Concept Teacher and a member of the Mulligan Concept Teachers Association. Ed has been teaching the basic Mulligan Concept course (Nags, Snags, MWM's) nationally and internationally since 1993, and the more advanced level course since 1998. He has published many articles on the techniques and their rationale. His latest major contribution is a chapter in "Positional Release" by Leon Chaitow (2007) Harcourt Publications, Edinburgh. The influences of Mulligan's pain free approach and Chaitow's comprehensive soft tissue "bodywork" methods have been incorporated into "Trigger Points, Pain and Muscle Tone", a course taught by Ed since 1999. His BA (Hons) in Social Sciences included extensive study of psychology, and how pain behaviour is influenced by physiology and biochemistry is still of particular interest to him. Ed is also a member of the International Advisory Board of the Journal of Bodywork and Movement Therapy, the official journal of the National Association of Myofascial Trigger point Therapists and the Australian Pilates Method Association.

Course description
This practically orientated 2 day course will introduce the concept and use of NAG's, SNAG's and Mobilisations with Movement in the treatment of musculoskeletal conditions as developed by Mr. Brian Mulligan of New Zealand. The course consists of short lectures and practical sessions. Participant numbers are limited to a maximum of 18. The course is open to physiotherapists only.

This course will cover the theory and practical application of a wide range of NAG's, SNAG's and Mobilisations with Movement's. An understanding of the relevant anatomy and biomechanics will be provided and spinal and peripheral techniques will then be taught under close supervision. Techniques using a treatment belt and strapping will also be included. Finally the application of the techniques to the patient's pathology will be discussed to ensure that the concept can be applied to each individual's clinical case load.

Course objectives
On completion of this course participants will be able to:
- Describe the underpinning theory of NAG's, SNAG's and Mobilisations with Movement (MWM's).
- Demonstrate and justify the use of spinal NAG's and SNAG's in the cervical, thoracic and lumbar spine.
- Demonstrate and justify the use of peripheral MWM's for the shoulder, elbow, wrist and hand, hip, knee and foot and ankle.

Preparation
Pre course reading of one article and the book by Brian Mulligan is recommended. It is recommended that participants buy a copy of Mulligans book as full descriptions of techniques are not contained in the course manual. The book is recommended by the Mulligan Teachers Association as the source of these.

Fee: £250 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, course manual and CPD certificate of attendance - 14hrs).

www.heseminars.com       Tel: 01202 568898       email: info@heseminars.com
## Course timetable

### Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.30</td>
<td>Registration</td>
</tr>
<tr>
<td>09.00</td>
<td>Introduction to the Mulligan Concept followed by upper limb techniques</td>
</tr>
<tr>
<td>12.30</td>
<td>Lunch</td>
</tr>
<tr>
<td>13.30</td>
<td>Upper Limb cont’d., Cervical Spine - NAG's and SNAG's</td>
</tr>
<tr>
<td>17.00</td>
<td>Close</td>
</tr>
</tbody>
</table>

### Day 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00</td>
<td>Revision of day 1</td>
</tr>
<tr>
<td>10.00</td>
<td>Introduction and theory of Mulligan’s peripheral approach to the treatment of soft tissues and joints</td>
</tr>
<tr>
<td>10.15</td>
<td>Lower Limb techniques (Foot &amp; Ankle)</td>
</tr>
<tr>
<td>10.30</td>
<td>Break</td>
</tr>
<tr>
<td>11.00</td>
<td>Lower Limb techniques (Foot &amp; Ankle) cont’d</td>
</tr>
<tr>
<td>12.45</td>
<td>Lunch</td>
</tr>
</tbody>
</table>
| 13.30 | Lower Limb (Knee & Hip)  
Thoracic Spine techniques  
Lumbar Spine techniques  
Other splendid techniques |
| 16.15 | Close |
Payment Booking Form

Your Name __________________________________________
Course Fee £________________
Course date __________________________________
Address __________________________________________________________________________
________________________________________________________________________
Post Code __________ email______________________________________
Tel No (day) ______________________ (evening) __________________________
Where did you hear about the course __________________________________________
Your profession ___________________________________________________________________

I wish to pay the fee of _____________________________ by:

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**MASTERCARD**  **VISA**  **MAESTRO**  **VISA DEBIT**

Name on Card: ______________________________
Card No: ______________________________
Start date: _____ /_____  Expiry date: _____ /_____
Issue Number (Switch Only) ___ 3 digit security no. ________

**Funded Delegates**

If you are to be funded to attend these courses, please enter the name and address of the person to whom INVOICES are to be sent.

Name: ______________________________  Position: ______________________________
Address: ______________________________________________________________________
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Booking reference/Order number (if applicable): ______________________________

Please return this completed application form with your full fee to:
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