

Mulligan Concept Mobilisations with Movement Course - level 1 NAGS's / SNAG's etc

Ed Wilson

BA (Hons) MCSP, HPC Registered, MCTA, CMP

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 Mulligan's 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: £225 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 14hrs). *VAT INCREASE from January 1st 2010*

Course timetable

Day 1	
08.30	Registration
09.00	Introduction to the Mulligan Concept followed by upper limb techniques
12.30	Lunch
13.30	Upper Limb cont'd., cervical spine - NAG's and SNAG's, headaches and vertigo
17.00	Close
Day 2	
09.00	Revision of day 1, C1/2 Treatment
10.00	Introduction and theory of Mulligan's peripheral approach to the treatment of soft tissues and joints
10.15	Treatment of finger, hand and wrist
10.30	Break
11.00	Treatment of elbow, shoulder and acromioclavicular joint
12.45	Lunch
13.30	Treatment of ankle and knee conditions
15.00	Break
15.15	Treatment of the hip
16.15	Close

All courses can be booked and paid for online at www.heseminars.com
Register your details (free) and then log in to pay for any course using secure payment system

Booking Form

Course _____ Course Date _____
Your Name _____ Course Fee £ _____
Address _____
Post Code _____ email _____
Tel No (day) _____ (evening) _____
Where did you hear about the course _____
Your profession _____

Terms & Conditions

1. Completion and the signing of this form creates a binding agreement to follow the course and pay the full fee.
2. Upon receipt of your application form and course fee you will be sent a letter confirming your place on the course and receipt of the course fee. If you are being funded to attend a course (see section below) the full course fee must be made at least 4 weeks prior to the course date.
3. A full refund, **less a £50 administration fee**, will be made if written cancellation is received in the HES Office **four weeks prior** to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
4. HES reserves the right to cancel the course if there are insufficient enrolments. If, in the unlikely event a tutor cannot attend the course, HES will endeavour to find a new date for the course to be held. HES will not be held responsible for any damages incurred as a result of course cancellation.
5. This form is correct at the time of printing, but is subject to alteration.

Please complete the following:

I agree to the conditions of enrolment and enclose a cheque for £ _____ as full fee made payable to Health Education Seminars Ltd for the course marked above.

Signature:

Date:

Funded participants (if applicable):

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: _____

Post Code: _____

Booking reference/Order number (if applicable): _____

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

Health Education Seminars, 42 Richmond Road, Poole, Dorset BH14 0BU

Tel/fax: 01202 568898

email: info@heseminars.com

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