

# Mulligan Concept Mobilisations with Movement Course - level 2 Follow-up course

**Ed Wilson**

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

**\*\*Attendance on this level 2 course is only open to physiotherapists who have completed level 1 with a registered Mulligan tutor - a copy of your level 1 certificate is required \*\***

## **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 two day course will revise and introduce further techniques of the Mulligan concept. The use of the concept in differential diagnosis and its integration into more complex clinical scenarios will be considered via problem solving workshops. Latest research will be critically reviewed.

Participant numbers are limited to a maximum of 18.

## **Course objectives**

Course participants will be able to:

- Introduce some further techniques not covered in the introductory course.
- reflect and analyse Mulligan Concept Techniques.
- revise practical skills.
- share ideas and problems whilst integrating Mulligan Concept into your preferred Clinical Practice.
- To present and reflect on latest developments/research in assessment and treatment with the Mulligan Concept.

## **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:** £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	
08.45	Registration
09.00	Introduction: Lecture/Workshop
09.45	Cervical Spine NAG Revise & Update: Practical
10.45	Tea
11.00	Cervical/Snag/Limb Movement with Spinal Mobilisation - Update/Revise
12.00	Thoracic Spine/Rib Cage - Update/Revise
12.30	Lunch
13.30	Clinical Problem Solving Cx/Tx - further revision/update
14.15	Peripheral MVM - Introductory workshop
16.30	Close
Day 2	
09.00	Lumbar Spine: <ul style="list-style-type: none"><li>• Limb Movements with Spinal Mobilisations</li><li>• Bent Leg Raise</li><li>• Traction / SLR</li><li>• Gating Technique</li><li>• SIJ</li></ul>
10.45	Tea
11.00	Clinical Problem Solving - Lumbar Spine
13.00	Lunch
13.45	Lower Quadrant - Update / Revision / Taping / Clinical Problem Solving
15.45	Question Time (bring past notes, book and clinical questions)
16.30	Close

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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](mailto:info@heseminars.com)

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