



COURSE DESCRIPTION

This two-day course will present the Mulligan approach to manual therapy for the Cervical and Thoracic spine as well as for the upper extremity. It will include lecture, patient demonstrations, and lab time to give the participants a thorough and in depth coverage of the Mobilization With Movement approach for the upper quarter. This unique approach to manual therapy was discovered and developed by Brian Mulligan F.N.Z.S.P. (Hon), Dip. M.T. from Wellington, New Zealand. This simple yet effective manual approach addresses musculoskeletal disorders with pain free manual joint "repositioning" techniques for restoration of function and abolition of pain.

LEARNING OUTCOMES/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 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 techniques for the alleviation of cervicogenic headaches
- Demonstrate 3 manual techniques 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 8:00AM – 4:00PM (13 hours)(BOC ATC CEU Provider P3566)

Instruction in the MWM concept with lecture, demonstration and lab practice

DAY 1:	8:00-9:00	Introduction, Case reports, theory and pre test
	9:00-9:30	Hand demonstration and lab practice: IP, MCP, Metacarpals, Carpals, and taping techniques
	9:30-10:00	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: NAGs, Reverse NAGs, SNAGs for rotation.
	12:00-1:00	Lunch
	1:00- 2:00	Cervical demonstration and lab practice: SNAGS for flexion, extension, rotation, SB, HEP techniques
	2:00-2:15	Upper Cervical: Lecture: evidence for eval and Rx of upper cervical pain, headaches and cervicogenic dizziness.
	2:15-2:30	Headache/Upper Cervical: demonstration and lab practice: assessment and treatment techniques
	2:30- 2:45	Break time
	2:45- 4:00	Upper Cervical lab practice for Headache/Cervicogenic Dizziness treatments continued
DAY 2:	8:00-10:00	Cervical demonstration and lab practice: traction techniques, Positional SNAGs, Spinal Mob w Arm Movement
	10:00-10:15	Break time
	10:15-11:30	Elbow demonstration and lab practice: flexion, extension, proximal radioulnar jt, tennis elbow treatments, HEP
	11:30-12:00	Shoulder demonstration and lab practice: manual and belt MWMS for elevation
	12:00-1:00	Lunch
	1:00- 2:30	Shoulder demonstration and lab practice: IR, ER, functional activities, HEP
		Acromioclavicular jt demonstration and lab practice: MWMS, and taping
	2:30- 2:45	Break time
	2:45- 3:30	Ribs demonstration and lab practice: MWMS for ribs 1-12
		Thoracic demonstration and lab practice: SNAGs for rotation, flexion, SB, extension
	3:30-4:00	Review, Post Test and Closing

COURSE REQUIREMENTS: Wear loose, comfortable lab clothes. Bring mobilization belts, mobilization pads if available.

RECOMMENDED READING (Books and belts can be obtained from www.OPTP.com or Amazon)

1. The Mulligan Concept of Manual Therapy: Textbook of Techniques by Hing, Hall, Rivett, Vicenzino & Mulligan, 2015.
2. Manual Therapy, "NAGS", "SNAGS", "MWMS", etc., 6th ed. Brian Mulligan, 2010.