



COURSE DESCRIPTION

This two-day course will present the Mulligan approach to manual therapy for the lumbar spine and sacroiliac jt as well as for the lower 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 lower 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. **Target audience:** PTs, ATCs, PTAs, Osteopaths, Chiropractors and others that have joint mobilization in the practice act and skill set.

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 lower quarter.
- Demonstrate 3 ankle MWM techniques for ankle ROM impairment.
- Demonstrate 2 knee MWM techniques for ROM impairment.
- Demonstrate 3 hip MWM techniques for ROM impairment.
- List 2 indications for ankle and knee taping procedures to reinforce MWM techniques.
- Demonstrate 3 key variables that may need to be modified for pain-free effective MWM of the lower extremity, SI jt and lumbar spine.
- Demonstrate 3 manual techniques for the alleviation straight leg raise pain.
- Demonstrate 2 manual techniques for the alleviation of SI jt pain.
- Demonstrate central and unilateral manual SNAG techniques for the pain-free improvement of lumbar ROM.
- Integrate a combined proximal / distal mobilization with movement technique for long bone dysfunction in the lower leg.
- Cite at least 2 RCT studies that support ankle sprain MWM and taping.
- Cite at least 1 RCT studies that support the MWM approach to dorsiflexion loss of the ankle.

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

9:00-10:00 **Toes/Feet** demonstration and lab practice: 1st MCP, metatarsals, tarsals, plantar fasciitis, and taping techniques

10:00-10:15 Morning Break

10:15-10:30 **Ankle** Lecture: literature evidence for eval and rx of ankle sprain and dorsiflexion

10:30-12:00 **Ankle** demonstration and lab practice: talocrural, distal tib/fib jt, DF, PF, ankle sprains, and taping techniques

12:00-1:00 Lunch

1:00-2:30 **Knee** demonstration and lab practice: Belt MWMs, IR MWM, Squeeze technique for meniscus, proximal tib/fib jt, and taping

2:30-2:45 Afternoon Break

2:45-4:00 **Hip** demonstration and lab practice: flexion, extension, rotation non-weight bearing techniques

Day 2

8:00-9:00 **Hip** demonstration and lab practice: weight bearing techniques

9:00-10:00 **Lumbar** demonstration and lab practice: SNAGs for flexion, extension, side bending and rotation.

10:00-10:15 Morning Break

10:15-12:00 **Lumbar** demonstration and lab practice: self SNAGs, SLR techs, SNAGS with SLR, HEP

12:00-1:00 Lunch

1:00-2:30 **SI jt** demonstration and lab practice: ilial rotations, nutation/counter nutation, plinth and weight bearing techniques, taping techniques and HEP.

2:30-2:45 Afternoon Break

2:45-3:30 **Thoracic** demonstration and lab practice: SNAGs for rotation, flexion, SB, extension, belt traction, HEP

3:30-4:00 **Practical Review session. Post course test.**

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

REQUIRED READING Books and belts can be obtained from:

<http://www.us.elsevierhealth.com/the-mulligan-concept-of-manual-therapy-9780729541596.html>, 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.

Suggested Reading: Mobilisation with Movement: The art and science by Vicenzino, Hing, Rivett and Hall, 2011.