

Mulligan Concept Mobilisations with Movement Course - Nags/Snag etc" – Introductory Course (Level 1).

Date	Venue	Tutor
Sat 20 th – Sun 21st Sept 2008	University Hospital of North Durham, Durham	Ed Wilson
Sat 22 nd – Sun 23 rd Nov 2008	Boston House, Wigan	Ed Wilson
Sat 27 th – Sun 28 th June 2009	Wolverhampton Wanderers FC, Wolverhampton	Ed Wilson

A two day course on spinal and peripheral mobilisations with active and passive movements It introduces NAGS, SNAGS and Mobilisations with Movement techniques developed by Brian Mulligan for use in a variety of musculoskeletal conditions. Manual techniques, including those using a treatment belt and taping will be demonstrated and practised.

DAY 1

8.30am	REGISTRATION
9.00am	Introduction to the Mulligan Concept followed by upper limb techniques
12.30pm	LUNCH
1.30pm	Upper Limb contd Cervical Spine – NAGS and SNAGS Headaches and vertigo
5.00pm	Close

Day 2

9.00am	Revision. Lower Limb Techniques (foot and ankle)
12.30pm	LUNCH
1.30pm	Lower limb continued (knee and hip) Thoracic spine techniques Lumbar spine Other splendid techniques Review
4.00pm	Close