

2 day Upper Quarter Mulligan Concept Course in Estonia

The course outline: Day 1

09.00-10.30

Introduction and evidence for the Mulligan concept

- Latest research and scientific evidence to Mulligan concept
- Basic principals and biomechanics to Mulligan concept
- Positional fault theory
- Indications and contraindications to manual therapy
- Concave/convex rule for joint mobilization
- Understanding the articular joint treatment plane in the spine and periphery
- What is NAGS, Reverse NAGS, SNAGS and MWMS in Mulligan Concept
- What is PILL and CROCKS in Mulligan Concept

10.30-10.45

Morning tea break

10.45-11.45

Practical session

- Assessment and treatment techniques of patients with cervical and upper thoracic region for the multidirectional and multilevel restrictions and pain utilizing Natural Apopheseal glides (NAGS) and Reverse NAGS for C2 -T 4 spinal levels.

11.45-12.45

Practical session

- Assessment and treatment techniques for Cervical region for unidirectional and one motion segment problem involvement with Sustained Natural Apopheseal glides (SNAGS) for rotation, side flexion, flexion and extension
- Self SNAGS as home exercises.

12.45- 13.30

Practical session

- Assessment and treatment techniques with Spinal mobilization with arm movements (SMWAM) for patients with somatic referred from the spinal structures (facet joint, disc, nerve related arm pain)

13.30-14.30

Lunch break

14.30-15.30

Practical Session

- Self management with home exercises for the neck related arm pain
- Assessment and treatment techniques for Cervicogenic headache: flexion-rotation test, C1/2 self SNAG, Headache SNAG, Reverse Headache SNAG and Upper Cervical Traction

15.30- 16.00

Practical session

- Assessment and treatment techniques for rotation and extension induced Cervicogenic dizziness

16.00-16.15

Afternoon tea break

16.15-17.00

- Mobilization with Movement (MWM) for the wrist joint problems in non weight bearing (NWB) and weight bearing (WB) positions
- Home exercises with Self MWM for the wrist problems
- Taping techniques for the wrist joint

The Mulligan Concept course outline: Day 2

09.00-10.30

Practical session

- Finger assessment and treatment with MWM for: MCP, PIP, DIP joints in non weight bearing (NWB) and weight bearing (WB) positions
- Distal and proximal radioulnar joint assessment and treatment techniques with MWM for pronation and supination restrictions and pain.

10.30-10.45

Morning tea break

10.45-11.45

Practical session

- Elbow joint assessment and treatment techniques with MWM for the extension and flexion limitation using the Mulligan belt

- 11.45 -12.45

Practical session

- Lateral Epicondylalgia (tennis elbow) assessment and treatment techniques with MWM and the Mulligan belt

12.45-13.45

Practical session

- Home exercises for tennis elbow
- Tapping techniques for tennis elbow

13.45-14.45

Lunch Brake

14.45-16.00

Practical session

- Shoulder (GHJ) assessment and treatment techniques with MWM in NWB and WB positions and the Mulligan belt. Treatment for the shoulder (GHJ) conditions include: shoulder impingement, frozen shoulder, scapulothoracic positional fault problems and GHJ restrictions in abd, flex, int rot, ext rot

16.00-16.15

Afternoon tea break

16.15-17.00

Practical session

- Pain release phenomenon indications and treatment techniques for more chronic musculoskeletal conditions in the Upper Quarter