



Mulligan course Level 1

"NAGS AND SNAGS" AND MOBILISATION WITH MOVEMENT

16-17 March 2013

BMI Thornbury Hospital - Sheffield- United Kingdom

Tutor: Ed Wilson

Ed is an Accredited Mulligan Concept Teacher and a member of the Mulligan Concept Teachers Association.

Ed is a certified International Mulligan tutor since 1993. 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.



Ed's 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 Objective:

COURSE AIMS

- To present the principles of the Mulligan Concept
- To demonstrate and practise the basic techniques described by Mulligan
- To provide additional techniques in the treatment of neuromusculoskeletal disorders
- To review the patho-biological mechanisms including Pain Mechanisms
- To give an explanation of the possible modes of action of the Mulligan approach related to pain and limitation of movement.
- To stimulate a reappraisal of current thinking in manual therapy

Course Fees

Early bird registration (before 15th February): £190

Normal Registration (after 15th February): £220

This cost covers:

Attending 2 days course

Handout

Coffee breaks

Course Certificate. Certified by Mulligan tutor Association and primephysio.

Booking Information:

Please complete the course registration form and email to info@primephysio.com

Pay course fees online or make cheques payable to: prime physiotherapy

Email: info@primphysio.com

Course Venue

Physiotherapy Department

BMI Thornbury Hospital - Sheffield

312 Fulwood Road - Sheffield S10 3BR. [Click for MAP](#)

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Course Outline

OUTLINE PROGRAMME: LEVEL 1



Day 1

8.30am Registration

9.00am Introduction to the Mulligan Concept, followed by upper limb techniques.

12.30am - 1.30pm Lunch

1.30pm Upper limb continued

Cervical spine – NAGS AND SNAGS

Headaches, vertigo

5.00pm Finish

Day 2

9.00am Revision

Lower limb techniques (foot and ankle)

12.30pm - 1.30pm Lunch

1.30pm Lower limb continued (knee and hip)

Thoracic spine techniques

Lumbar spine

Other splendid techniques

Review

4.00pm Finish