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details the manual
therapy techniques
used in the Mulligan
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world renowned

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Mulligan. The Mulligan
Concept has become

one of the most
popular manual
therapy techniques for
musculoskeletal

disorders. It utilizes

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Apophyseal Glides),

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one of the world's
foremost experts of
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Kaltenborn, Brian
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movement (MWMS) in

the extremities and

sustained natural

apophyseal glides

(SNAGS) in the spine

were revolutionary due

to this concurrent

application of both

therapist applied forces

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NAGs mobilise joints
mid way through range
of movement whilst
SNAGs mobilise joints
to the end of their
range of movement.

SNAGs are a form of
MWMs. Above: Nags
and Snags in a form of
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performed by
physiotherapists in

order to increase the
range of movement

around a joint. How do
NAGs and SNAGs help?

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The official

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The Mulligan Concept

of Mobilisation with

Movement (MWM) is a

unique manual therapy

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combining mobilisation
with active movement
or function.

Fundamentally a
patient's pain,
restriction or functional
loss is eliminated when
appropriate
mobilisation forces are
applied during
movement.

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NAGS- Natural

Apophyseal Glides.

SNAGS - Sustained

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Glides. MWMS-

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Movements.

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We sell the official

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Cervical Straps, the

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applied correctly, they
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reduce joint pain and
increase spinal
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for patients with pain
or stiffness of Cx 5/6
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movements in the extremities (MWMS). In the spine, he promotes the use of natural apophyseal glides (NAGS) and sustained natural apophyseal glides (SNAGS).

OPTP | Brian Mulligan

NAGS involves a mid to end-range facet joint mobilisation applied anterocranially along the plane of treatment within the desired joint,

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combined with a small amount of manual traction. The purpose of this treatment is to increase movement within the spine, and decrease symptomatic pain. Sustained natural apophyseal glides

Natural apophyseal glides - Wikipedia

This new 6th edition text contains new & revised information including Mobilisations with Movement

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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.

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