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~~Cervical SNAGs | Neck
Self-Mobilization
SNAGs (Lower Cervical
Spine C3-C7) for pain /
stiffness in neck~~ Reverse

~~NAGS Mulligan
SNAGs to the Lumbar
Spine—Ryan's~~

~~Testimony—Enhanced
PT What Manual
Therapy Techniques Do
I Recommend?~~

~~Sustained Natural
Apophyseal Glides~~

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(SNAGS) SNAGS

\u0026 NAGS

PRINCIPLES OF
APPLICATION

Thoracic spine

mobilization \-"Reverse

Nag\-"Mulligan

Mobilization with

Movement Technique

(MWM) NAGS

Mulligan Technique

Reverse Headache

SNAGS SNAGS cervical

rotation **Neck Strain**

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**fixed with two Manual
Therapy treatments**
~~C1 on C2 mob and
testing~~

Terapia Manual -

Mulligan - MWM -

Tennis elbow *Cervical
rotation and extension*

Mulligan techniques

Cervical Traction

Techniques Cervical

NAG Manual Cervical

Traction Manual

Therapy | Joints

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Mobilization (Maitland)

Mulligan Concept:

Mobilization with
Movement for the

Sacroiliac Joint

Demonstration

Mulligan Taping

Techniques :: Tennis

Elbow SNAGS cervical

extension *Mulligan*

Home Exercise ::

Shoulder MWM

The Mulligan Manual

Therapy Method

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**Natural Apophyseal
Glides (NAGs) :
Therapy / Treatment
for cervical Spine /
neck pain and stiffness
Reverse NAGs,
Manual
Therapy/Treatment of
Cervical Spine (Neck)
Pain \u0026amp; Stiffness**

*Unit 05 NAGS \u0026amp;
RNAGS- (Natural
Apophyseal Glides
\u0026amp; Reverse Natural*

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Apophyseal Glides) Self

SNAGs self treatment

Lumbar Spine pain

\u0026 stiffness

Mulligan Concept

Manual Therapy.wmv

The Best Manual

Therapy Techniques

Manual Therapy Nags

Snags Mwms

This essential resource

for physical therapists

details the manual

therapy techniques used

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in the Mulligan
Concept, developed by
world renowned manual
therapist Brian

Mulligan. The Mulligan
Concept has become
one of the most popular
manual therapy

techniques for
musculoskeletal
disorders. It utilizes
NAGS (Natural

Apophyseal Glides),
SNAGS (Sustained

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Natural Apophyseal
Glides) and MWMS
(Mobilisations with
Movement), for the
spine and extremities
used to treat a myriad of
musculoskeletal ...

Manual Therapy:

NAGS, SNAGS,
MWMS | Brian
Mulligan | OTPP

Brian Mulligan, FNZSP,
Dip MT, originated and

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developed the concept of combining accessory mobilizations with physiological movements in the extremities (MWMs). In the spine, he promotes the use of natural apophyseal glides (NAGs) and sustained natural apophyseal glides (SNAGs).

Manual Therapy: Nags,
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Snags, Mwms, Etc.:

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Snags, MWMS etc

Paperback – 1 April

2019 by Brian R

Mulligan (Author) 4.7

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Manual Therapy, Nags,
Snags, MWMS etc:

Amazon.co.uk: Brian ...

The Mulligan Concept
utilizes NAGS (Natural

Apophyseal Glides),

SNAGS (Sustained
Natural Apophyseal

Glides) and MWMS

(Mobilisations with

Movement) to treat a

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myriad of
musculoskeletal
conditions. Written by
one of the world's
foremost experts of
manual therapy, Brian
Mulligan.

Manual Therapy:
NAGS, SNAGS,
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Manual Therapy Nags
Snags and Mwms by
Brian R Mulligan ...

Description. The
Mulligan Concept has
become one of the most
popular manual therapy
techniques for
musculoskeletal

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disorders. It utilizes
NAGS (Natural
Apophyseal Glides),
SNAGS (Sustained
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Glides) and MWMS
(Mobilisations with
Movement), for the
spine and extremities
used to treat a myriad of
musculoskeletal
conditions.

Manual Therapy NAGS

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SNAGS MWMs etc 7th
Edition - New
Mulligan Concept.

Initially trained by
Kaltenborn, Brian

Mulligan took
traditionally sustained
translations and added
patient generated active
movement to achieve
pain free movement and
function. Brian

Mulligan's concept of
mobilizations with

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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 and patient generated movement.

Mulligan Concept »

Mulligan Concept -

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Manual Therapy

NAGs and SNAGs are mobilisation techniques and are used as part of the Mulligan Concept.

NAGs are used on the cervical spine (neck) as well as the upper thoracic spine (upper back). SNAGs are used throughout the spine, rib cage and sacroiliac joint (tail bone). They are also used to treat limb

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problems that have occurred as a result of spinal problems. SNAGs are gliding mobilisations and should be performed pain free. NAGs mobilise joints mid way through range of movement whilst SNAGs ...

Nags And Snags -
Manual Therapy -

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Physiotherapy ...

The official
International Web Site
The Mulligan Concept

of Mobilisation with
Movement (MWM) is a
unique manual therapy
treatment approach
combining mobilisation
with active movement
or function.

Fundamentally a
patient's pain,
restriction or functional

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loss is eliminated when appropriate mobilisation forces are applied during movement.

Mulligan Concept -
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"Manual Therapy

"NAGS", "SNAGS",

"MWMS", etc' (2003)

for Physiotherapists.

'Self Treatment for the
Back, Neck and Limbs'
for Public. Description.

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NAGS- Natural
Apophyseal Glides.
SNAGS - Sustained
Natural Apophyseal
Glides. MWMS-
Mobilization with
Movements.

Mulligan Concept -
Physiopedia
Plane View Services
was first established by
Brian Mulligan, the
developer of the

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Mulligan Concept of
Manual Therapy in
1984. The company was
created to sell Brian's
textbooks on his concept
“Manual Therapy
NAGS, SNAGS PRP's
etc” and “Self
treatments for back,
neck and limbs.”

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MULLIGAN™ belt,

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Book Description: The latest edition contains new and revised information including MWMs for the shoulder girdle. When applied correctly, they can significantly reduce joint pain and increase spinal rotation. The techniques are also effective treatments for patients with pain or stiffness of Cx 5/6 and

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Manual Therapy: Nags,
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Brian R. Mulligan

About the Author Brian
Mulligan originated and
developed the concept
of combining accessory
mobilizations with

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physiological
movements in the
extremities (MWMS). In
the spine, he promotes
the use of natural
apophyseal glides
(NAGs) and sustained
natural apophyseal
glides (SNAGs).

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Mobilization with
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therapy techniques were
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developed by Brian

Mulligan F.N.Z.S.P.

(Hon), Dip. M.T.,

Wellington, New

Zealand. This simple yet

effective manual

approach addresses

musculoskeletal

disorders with pain free

manual joint

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“repositioning”
techniques for
restoration of function
and abolition of pain.

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