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**Manual Therapy
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Brian Mulligan, FNZSP,
Dip MT Brian originated
and 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

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glides (SNAGs).

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**Manual Therapy:
NAGS, SNAGS,
MWMS, etc.: Brian R.
Mulligan ...**

Since its inception in
1985, the Mulligan
Concept has become
one of the most
popular manual
therapy techniques for
musculoskeletal
disorders. Brian
Mulligan's concept

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Nags Snags
utilizes mobilizations
with movement
(MWMS) in the
extremities and
sustained natural
apophyseal glides
(SNAGS) in the spine to
relieve pain and
increase range of
motion.

Manual Therapy
Nags, Snags, MWMS
(853-7):

9781877520181 ...

The Mulligan Concept
utilizes NAGS (Natural

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Apophyseal Glides),
SNAGS (Sustained
Natural Apophyseal
Glides) and MWMS
(Mobilisations with
Movement) to treat a
myriad of
musculoskeletal
conditions. Written by
one of the world's
foremost experts of
manual therapy, Brian
Mulligan.

**Manual Therapy:
NAGS, SNAGS,
MWMS etc.**

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This essential resource for physical therapists details the manual therapy techniques used 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),

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

**Manual Therapy:
NAGS, SNAGS,
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Mulligan | OPTP**

NAGs mobilise joints mid way through range of movement whilst SNAGs mobilise joints

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Nags Snags
to the end of their
range of movement.
SNAGs are a form of
MWMs. Above: Nags
and Snags in a form of
manula therapy
performed by
physiotherapists in
order to increase the
range of movement
around a joint. How do
NAGs and SNAGs help?

Nags And Snags - Manual Therapy - Physiotherapy ...

Two manual therapy

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treatments (Mulligan's
Sustained Natural
Apophyseal Glides
(SNAGs) and Maitland's
passive joint
mobilisations) are used
by physiotherapists to
treat this condition but
there is little evidence
from randomised
controlled trials to
support their use.

**Efficacy of manual
therapy treatments
for people with ...**

The Physiotherapy

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treatment of
musculoskeletal
injuries has progressed
from its foundation in
remedial gymnastics
and active exercise to
therapist-applied
passive physiological
movements and on to
therapist-applied
accessory techniques.
Brian Mulligan's
concept of
mobilizations with
movement (MWMS) in
the extremities and
sustained natural

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apophyseal glides (SNAGS) in the spine are the logical continuance of this evolution with the concurrent application of both therapist applied accessory ...

About the Mulligan Concept - Mulligan Concept

Mobilization with Movement manual therapy techniques were discovered and developed by Brian

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

**The Official
International Web
Site of the Mulligan**

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Concept

SNAGs stand for Sustained Natural Apophyseal Glides. SNAGs can be applied to all the spinal joints, the rib cage and the sacroiliac joint. The therapist applies the appropriate accessory zygapophyseal glide while the patient performs the symptomatic movement. This must result in full range pain free movement.

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**Mulligan Concept -
Physiopedia**

Mulligan, BR; Manual
Therapy 'NAGS',
'SNAGS', 'MWMS' etc.
(6th Ed), Orthopedic
Physical Therapy
Products, 2010 This
new 6th edition text
contains new & revised
information including
Mobilisations with
Movement (MWMs) for
the shoulder girdle.
When applied
correctly, they can

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significantly reduce
joint pain and increase
movement.

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- Mulligan Concept

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 Cx 6/7 origin.

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ensure you are getting
the high quality
accredited courses that
are eligible for the
Certified Mulligan
Practitioner ...

Courses Archive - Mulligan Concept

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

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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

The Mulligan Concept has become one of the most popular manual therapy techniques for musculoskeletal disorders. It utilizes NAGS (Natural

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

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etc: Amazon.co.uk:
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