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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*

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Natural Apophyseal Glides

(SNAGS) SNAGS \u0026amp; NAGS

PRINCIPLES OF APPLICATION

~~Thoracic spine mobilization~~

~~\ "Reverse Nag\" Mulligan~~

~~Mobilization with Movement~~

~~Technique (MWM) **NAGS**~~

Mulligan Technique

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Reverse Headache ~~SNAGSNAGS~~

~~cervical rotation~~ **Neck**

Strain fixed with two Manual

Therapy treatments ~~C1 on C2~~

~~mob and testing~~

Terapia Manual - Mulligan -

MWM - Tennis elbow *Cervical*

rotation and extension

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*Mulligan techniques Cervical
Traction Techniques Cervical
NAG Manual Cervical Traction
~~Manual Therapy | Joints
Mobilization (Maitland)
Mulligan Concept:
Mobilization with Movement
for the Sacroiliac Joint~~*

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~~Demonstration~~ **Mulligan**

Taping Techniques :: Tennis

Elbow ~~SNAGS cervical~~

~~extension~~ *Mulligan Home*

Exercise :: Shoulder MWM

The Mulligan Manual Therapy

Method **Natural Apophyseal**

Glides (NAGs) : Therapy /

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**Treatment for cervical Spine
/ neck pain and stiffness**

Reverse NAGs, Manual

Therapy/Treatment of

Cervical Spine (Neck) Pain

\u0026 Stiffness *Unit 05*

NAGS \u0026 RNAGS- (Natural

Apophyseal Glides \u0026

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*Reverse Natural Apophyseal
Glides*) Self SNAGs self
treatment Lumbar Spine pain
& stiffness Mulligan
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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

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become one of the most popular manual therapy techniques for musculoskeletal disorders. It utilizes NAGS (Natural Apophyseal Glides), SNAGS (Sustained Natural Apophyseal Glides) and MWMS

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

Manual Therapy: NAGS, SNAGS,
MWMS | Brian Mulligan | OPTP

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Brian Mulligan, FNZSP, Dip MT, 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

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glides (NAGs) and sustained natural apophyseal glides (SNAGs) .

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Brian ...

The Mulligan Concept
utilizes NAGS (Natural
Apophyseal Glides), SNAGS
(Sustained Natural

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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.

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Manual Therapy: NAGS, SNAGS,
MWMS etc.

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Description. The Mulligan
Concept has become one of

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the most popular manual therapy techniques for musculoskeletal disorders.

It utilizes NAGS (Natural Apophyseal Glides), SNAGS (Sustained Natural Apophyseal Glides) and MWMS (Mobilisations with

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Movement), for the spine and extremities used to treat a myriad of musculoskeletal conditions.

Manual Therapy NAGS SNAGS
MWMS etc 7th Edition - New
Mulligan Concept. Initially

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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

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with 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

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movement .

Mulligan Concept » Mulligan
Concept - Manual Therapy
NAGs and SNAGs are
mobilisation techniques and
are used as part of the
Mulligan Concept. NAGs are

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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 problems that

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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 ...

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Nags And Snags - Manual
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The official International
Web Site The Mulligan
Concept of Mobilisation with
Movement (MWM) is a unique
manual therapy treatment
approach combining

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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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Mulligan Concept - Manual
Therapy

"Manual Therapy

"NAGS", "SNAGS", "MWMS", etc'
(2003) for Physiotherapists.

'Self Treatment for the
Back, Neck and Limbs' for

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

Mulligan Concept -
Physiopedia

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Plane View Services was first established by Brian Mulligan, the developer of the Mulligan Concept of Manual Therapy in 1984. The company was created to sell Brian's textbooks on his concept "Manual Therapy

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NAGS, SNAGS PRP's etc" and
"Self treatments for back,
neck and limbs."

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We sell the official mobilisation MULLIGAN™ belt, Lumbar straps, Cervical Straps, the book Manual Therapy, NAGS, SNAGS, MWMS etc. and the book Self Treatments for Back, Neck and Limbs - A new approach.

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Manual Therapy: Nags, Snags,
Mwms, Etc. by Brian R.
Mulligan

About the Author Brian
Mulligan 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

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Mobilization with Movement
manual therapy techniques

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were discovered and developed by Brian Mulligan F.N.Z.S.P. (Hon), Dip. M.T., Wellington, New Zealand. This simple yet effective manual approach addresses u0003musculoskeletal disorders with pain free

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

Manual Therapy Manual

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