

Prifysgol Cymru
Y Dreolod Dewi Sant
University of Wales
Trinity Saint David

SHSS6065

The Mulligan Concept

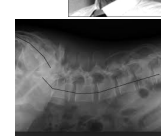
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So what's wrong with the Maitland approach?

- Blocked approach
- Functionality/ transference





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The Mulligan Concept

- Brian Mulligan: NZ physiotherapist
- New system of **passive mobilisations** COMBINED with **active movements**
- Patients with painful or stiff joints
- Miracle a day
- **Pain free** techniques
- **Positional** or **tracking** faults
- Treatment consists of repositioning the joint passively with Pt performing P+ free active movements



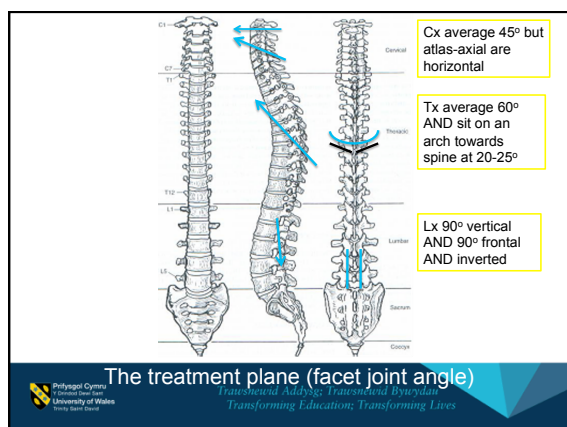
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Treatment plane rule

- For all peripheral joints
 - Passive mobilisation component is performed **parallel** or at **right angle** to the articular surface
- for all vertebral joints
 - Direction of force is applied along the **plane of the facet joints**
- Can we remember what these angles are??



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NAGs, SNAGs and MWMs

- NAGs
 - Natural Apophyseal Glides
 - Mid to end range of accessory movement
 - 1st choice
 - Oscillatory and used when Pts need TLC
- SNAGs
 - Sustained natural Apophyseal glides
 - Painless mobs sustained at end of pain free limit range of movement
 - Hold the SNAG and Pt performs active movement



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NAGs, SNAGs and MWMs

- MWMs
 - Mobilisations with Movement
 - SNAGs are an example of an MWM
 - Key to their success is their functionality
 - Performed typically in weight bearing position
- Further reading: Mulligan, B. (1999). *Manual Therapy 'NAGs, SNAGs, MWMs'*. 4th Edition. Plane View Services.



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Cx Spine Rx

- NAGs
- Central
 - Little finger and Thenar eminence grip
 - Nose to elbow
 - Slow, smooth & oscillatory
 - Flexion or extension
- Unilateral NAGs
 - Same grip but mobilise to same eye or opposite eye
 - Lateral flexion & rotation
 - Slow, smooth and oscillatory
- 3 sets of 6 reps @ each segment + 1 home exercise



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Cx Spine Rx

- SNAGs
 - Central or unilateral
 - Central = flexion/ ext
 - Unilateral = lat flex or rotate
- Technique applied as in NAGs
- Pt actively moves into flexion/ext/ restricted movement
- 5sec hold at EoR
- Sustain pressure throughout
- 3 movements to each segment & recheck



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Cx Spine Rx

- Self SNAGs
 - Flexion: fist traction
 - Extension: towel SNAGs
 - Lateral flexion and rotation: Towel SNAGs



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Tx Spine Rx

- NAGs
 - Pt seated (PWB)
 - Same as Cx up to T4
 - After T4: use Key Grip
 - 3 sets of 6 reps @ each segment + 1 home exercise
 - Aim towards eyes
 - Can be unilateral or central



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Tx Spine Rx

- SNAGs for Tx flexion & Extension
 - Pt seated, ulnar styloid or key grip
 - Apply upward directional force (eye)
 - Get Pt to actively flex or extend whilst pressure sustained
 - 5 sec hold, 3 movements per segment & recheck
- SNAGs for Tx Lateral Flexion
- SNAGs for Tx Rotation
- SNAGs for Tx ribs



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Lx Spine Rx

- Do not normally NAG here
- SNAGs Flexion
 - Pt in sitting, feet on floor/chair
 - Mulligan belt around your bum & pt hips: below iliac crest
 - Ulnar styloid or hypothenar eminence or double thumb grip to 'lift' SP towards head (cranial) or PA (horizontal)
 - Pt then actively flexes
 - 5sec hold at EoR, repeat x 3 per segment



Lx Spine Rx

- SNAGs for Extension
 - Belt as before
 - Grip as before
 - Head close to Tx spine (protect Pt & your hand from hyperextension)
 - Pt extends spine upwards and backwards

Lx Spine Rx

- SNAGs for Lateral Flexion/ Rotation
- Grip and belt as before
- Unilateral (contralateral) application of force to TP

Self SNAGs with towel?



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MWMs for Peripheral Joints

The Miracle a Day Concept

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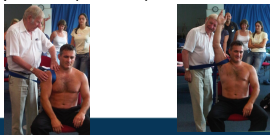
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Shoulder MWMs

- GH Joint
- Common faults with tracking:
 - GHJ needs compression
 - GHJ needs distraction
 - GHJ needs posterior tracking/gliding (risk of excessive anterior translation)
- Develop some (SNAGs) MWMs for the relief of these issues







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Elbow MWMs

- Elbow extension
 - Pt elbow in approx 20o flex
 - Apply lateral glide (belt)
 - Pt moves in to ext
- Elbow flexion
 - Pt in approx 45o flex
 - Apply lat glide (belt)
 - Pt moves in to flex



Wrist MWMs

- Wrist flexion
 - Glide in to Ulnar deviation
 - Actively move in to flexion
- Wrist extension
 - Glide in to Radial deviation
 - Actively move in to extension
- Not always true: sometimes the reverse works!



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Hip MWMs

- Belt needed
- Caudad for flexion/extension
- Lateral glide for extension
- Good for loss of any range at the hip: stretches joint capsule too!



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Knee MWMs

- MWMs for Knee Flexion and Extension
 - Pt in prone
 - Knee flexed
 - Belt close to joint line on tibia
 - Lateral glide of tibia (can do a medial glide also)
 - Move into flexion and/or extension
- MWMs for patella maltracking
 - Medial glide on patella whilst extending and/or flexing knee
 - Think: NWB, PWB, FWB!!!
- MWMs for Superior Tibiofibular Joint
 - Anterior or posterior glide
 - Think: NWB, PWB, FWB



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Ankle MWMs

- Dorsiflexion
 - MWMs are a Godsend here!
 - Rx with or without belt
 - PWB