

## Course B: Mulligan Concepts: Upper Quadrant (21-22 May 2026)

21 May 2026

08.00-09.00	Overview of mulligan concepts TM manual therapy
09.00-9.30	Principles and effects of mulligan techniques, NAGs, reverse NAGs, SNAGs, and positional SNAGs and self-SNAGs
9.30-10.30	Mulligan techniques of lower extremities; MWM of ankle joint
10.30-10.50	<i>Morning Tea</i>
10.50-11.20	MWM talocrural joint, inferior tibiofibular joint for inversion and eversion sprains
11.20-11.40	MWM talocrural joint, inferior tibiofibular joint
11.40-12.10	Principle and technique of taping inferior tibiofibular joint,
12.10-12.30	Taping for heel pain, TA strains, muscle strains
12.30-13.30	<i>Lunch</i>
13.30-14.30	Overview of lumbar spine, biomechanics, joint plane Lumbar spine SNAG technique for pain, movement restriction
14.30-15.00	Lumbar SNAG: extension in lying, four point kneeling, sitting and standing in Flexion, extension, rotation, side bend, self-lumbar SNAG manual, belt
15.00-15.20	<i>Afternoon Tea</i>
15.20-15.50	Overview of hip joint, MWM of hip joint in non-weight bearing, partial weight bearing, full weight bearing position
15.50-16.50	MWM of hip joint in Flexion, Extension, internal rotations, abduction, FABERs,
16.50-17.30	Q & A

**22 May 2026**

08.00-08.30	Overview Mulligan concept of lumbar spine, ankle sprain, self-SNAG
08.30-09.00	Overview of foot, transverse arch, metatarsal joint
09.00-10.10	MWM of foot pain, metatarsalgia, forefoot, MWM 1 <sup>st</sup> toe, 1 <sup>st</sup> MT on 2 <sup>nd</sup> MT, foot taping
10.10-10.30	<i>Morning Tea</i>
10.30-11.30	Overview of neuromeningeal tension and management with mulligan Techniques, Limited SLR technique, Gate technique, Bent leg raise technique
11.30-12.30	Traction SLR, Spinal mobilization with leg movement, self-treatment
12.30-13.30	<i>lunch</i>
13.30-14.30	Overview of knee joint movement and management with mulligan techniques
14.30-15.00	MWM of knee joint in non-weight bearing, weight bearing, squeeze technique
15.00-15.20	<i>Afternoon Tea</i>
15.20-15.50	Overview of SI joint movement and management with mulligan technique
15.50-17.00	MWM of SI joint for innominate, SIJ taping
17.00-17.30	Mulligan concept wrap up and Q & A