

**Course schedule**  
**Course A: Mulligan Concept: Upper Quadrant (3-4 Dec 2025)**

**DAY 1: 3 Dec, 2025**

|             |                                                                                                                                                             |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 08.00-09.30 | Overview of manual and mulligan concepts                                                                                                                    |
| 09.30-09.50 | Principles and effects of mulligan techniques of cervical, thoracic and lumbar spine                                                                        |
| 09.50-10.30 | NAGs, reverse NAGs, SNAGs, positional SNAGs and self SNAGs techniques of cervical spine                                                                     |
| 10.30-10.50 | <i>Morning Tea</i>                                                                                                                                          |
| 10.50-11.05 | NAGs, reverse NAGs, SNAGs, positional SNAGs and self SNAGs techniques of cervical spine (cont.)                                                             |
| 11.05-11.30 | Overview of cervicogenic headaches and management with mulligan techniques                                                                                  |
| 11.30-12.30 | Mulligan techniques of cervicogenic headaches                                                                                                               |
| 12.30-13.30 | <i>Lunch</i>                                                                                                                                                |
| 13.30-13.45 | Effects of mulligan techniques in cervicogenic headache                                                                                                     |
| 13.45-14.15 | Reviews: NAGs, reverse NAGs, SNAGs, positional SNAGs, self SNAGs techniques of cervical spine (cont.) Review: Mulligan techniques of cervicogenic headaches |
| 14.15-14.45 | Mulligan techniques of thoracic spine                                                                                                                       |
| 14.45-15.00 | NAGs, reverse NAGs, SNAGs, positional SNAGs and self SNAGs techniques of thoracic spine                                                                     |
| 15.00-15.20 | <i>Afternoon Tea</i>                                                                                                                                        |
| 15.20-15.50 | NAGs, reverse NAGs, SNAGs, positional SNAGs and self SNAGs techniques of thoracic spine (cont.)                                                             |
| 15.50-16.10 | Overview of neuromeningeal tension and management with mulligan techniques                                                                                  |
| 16.10-16.50 | Mulligan techniques of neuromeningeal tension                                                                                                               |
| 16.50-17.30 | Q & A                                                                                                                                                       |

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**Course A: Mulligan Concept: Upper Quadrant (3-4 Dec 2025)**

**DAY 2: 4 Dec, 2025**

|             |                                                                                      |
|-------------|--------------------------------------------------------------------------------------|
| 08.00-09.30 | Overview of shoulder girdle complex movement and management with mulligan techniques |
| 09.30-10.30 | MWM techniques of shoulder girdle complex                                            |
| 10.30-10.50 | <i>Morning Tea</i>                                                                   |
| 10.50-11.20 | MWM techniques of shoulder girdle complex (cont.)                                    |
| 11.20-12.00 | Overview of elbow and forearm movement and management with mulligan techniques       |
| 12.00-12.30 | MWM techniques of elbow and forearm (cont.)                                          |
| 12.30-13.30 | <i>Lunch</i>                                                                         |
| 13.30-14.00 | MWM techniques of elbow and forearm (cont.)                                          |
| 14.00-14.40 | Overview of wrist and hand movement and management with mulligan techniques          |
| 14.40-15.00 | MWM techniques of wrist and hand                                                     |
| 15.00-15.20 | <i>Afternoon Tea</i>                                                                 |
| 15.20-16.00 | MWM techniques of wrist and hand                                                     |
| 16.00-16.20 | Overview of temporomandibular joint movement and management with mulligan techniques |
| 16.20-16.50 | MWM techniques of temporomandibular joint                                            |
| 16.50-17.30 | Q & A                                                                                |