THE MULLIGAN CONCEPT An ADVANCED COURSE in MWM: Spinal and Peripheral Manual Therapy Treatment Techniques

COURSE DESCRIPTION: This unique approach to manual therapy was discovered and developed by Brian Mulligan F.N.Z.S.P. (Hon), Dip. M.T. from 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. This two-day Advanced course will review and improve the participants’ skill level with the Mulligan approach to manual therapy for the whole body. In addition, it will provide instruction in the use of Pain Release Phenomenon techniques and compression techniques. It will include lecture, patient demonstrations, and lab time to give the participants an opportunity for depth problem-solving, refinement and advancement of technique for this Mobilization With Movement approach. This will also prepare those interested in taking the Certified Mulligan Practitioner Exam. Target audience: PTs, OTs, ATCs, Osteopaths and Chiropractors.

INSTRUCTOR: Rick Crowell, PT, MS, GDMT, MCTA is a 1993 graduate of Curtin University’s postgraduate program in manipulative therapy (GDMT), Perth, Australia. Mr. Crowell received his post-professional MS degree in 1989 from Georgia State University in orthopedic physical therapy. Mr. Crowell has extensive continuing education and clinical training in manual therapy. His continuing education credentials cover a wide variety of manual therapy approaches (Mulligan, Paris, McKenzie, Maitland, Elvey, and Butler). He is a Fellow in the American Academy of Orthopedic Manual Physical Therapy. Mr. Crowell is an adjunct assistant professor at the College of St. Scholastica in Duluth, Minnesota. His clinical practice is at Essentia Health—Center for Fitness and Therapy, Duluth, Minnesota. He is an accredited teacher in the Mulligan Concept and is the past Regional Manager of the North American Mulligan Concept Teachers’ Association (2013-2015) and chairperson of the International MCTA organization (2005-2013).

LEARNING OUTCOMES/Objectives: By the end of the course the participant, without prior referral, will be able to accurately:

- Describe two indications and 2 clinical rules for the application of Pain Release Phenomenon and Compression Techniques with demonstration of sound clinical reasoning and appropriate differential diagnosis
- Demonstrate 3 ankle MWM techniques for ankle ROM impairment.
- Integrate a combined proximal / distal MWM technique in the lower leg when presented with findings of persistent ankle sprain leg pain & dysfunction.
- Demonstrate 2 knee MWM techniques for ROM impairment.
- Integrate 1 advanced MWM combination for medial compartment of the knee when given a presentation of persistent knee joint dysfunction.
- Demonstrate 3 hip MWM techniques for ROM impairment.
- Demonstrate 2 knee taping procedures to reinforce MWM techniques.
- Demonstrate 3 key variables that may need to be modified for pain-free effective MWM of peripheral and axial skeletal joints
- Demonstrate 5 manual techniques for the alleviation straight leg raise pain.
- Integrate 1 advanced combined MWM for side lying SLR dysfunction when given a presentation of persistent SLR dysfunction.
- Demonstrate 2 manual techniques for the alleviation of SI joint pain.
- Demonstrate central and unilateral manual SNAG techniques for the pain-free improvement of lumbar, cervical and thoracic ROM.
- List 2 indications for wrist/hand taping procedures for the proximal row of carpals and the metacarpals to reinforce an MWM technique.
- Demonstrate 2 elbow MWM techniques for loss of motion and tennis elbow.
- Integrate one forearm combined MWM of the proximal and distal radius/ulna when given a clinical pattern of persistent forearm pain.
- Demonstrate 3 shoulder MWM techniques for shoulder elevation impairment.
- Demonstrate 3 manual techniques for the alleviation of cervicogenic headaches and dizziness
  - Demonstrate sound clinical reasoning and differential diagnosis of possible vertebral artery insufficiency – acknowledge short comings of manual examination/evaluation.
  - Identify adverse response to examination and treatment of upper cervical spine with MWMs, apply appropriate measures/treatment for adverse events
- Integrate one combined shoulder MWM and cervical SNAG when presented with a persistent cervical / shoulder musculoskeletal dysfunctional pattern.
- Cite at least 2 RCT studies that support cervical snags for headaches, dizziness and IFOMT standards of practice regarding upper cervical spine manual examination and treatment

COURSE OUTLINE: Two Day Course (13 hours) Instruction in MWM concept with lecture-clinical reasoning, differential diagnosis, skills demonstration and lab practice

DAY 1

1:00-1:30 Introduction- Review: differential diagnosis/clinical problem identification – Client Specific Impairment Measures (CSIM), Problem-Solving, skills refinement, progression of the MWM techniques, Pain Release Techniques (PRPs).

1:30-2:30 Hand & wrist demo & lab practice: IP, MCP, Metacarpals, Carpals, MWMs and taping techniques, and PRPs technique lecture and skills lab

2:30-3:00 Break time

3:00-4:00 Elbow demo & lab practice of MWM progressions/combinations: flexion, extension, proximal radioulnar jt, tennis elbow, HEP

4:00-4:30 Shoulder demo & lab practice of MWM progressions: manual & belt MWMs for elevation, IR, ER, functional activities, HEP

4:30-5:00 PRPs demo & lab practice: tennis elbow, radio-humeral joint & shoulder joint.

5:00-5:30 Dinner Break

5:30-6:30 Cervical demo & lab practice of progressions/combinations: NAGs, SNAGs, HEP, Txn techs, Positional SNAGs, SWAMs, cervical PRPs

6:30-7:30 Upper Cervical lecture evidence based practice, differential diagnosis in upper cervical spine symptoms – IFOMT standards

7:30-7:45 Break time

7:45-8:15 Upper Cervical demo and lab practice progressions: Headache and Cervicogenic Dizziness treatments

8:15-8:30 TMJ – MWM techniques

8:30-9:00 Thoracic and rib cage demo and lab practice: snags and MWMs for ribs 1-12

DAY 2

8:00-8:45 Toes/Foot demo & lab practice progressions: IP, MCP, metatarsals, tarsals, plantar fasciitis, and taping techniques

8:45-9:30 Ankle demo & lab practice progressions/combinations: talocrural, distal tib/fib jt, DF, PF, ankle sprains, and taping techniques

9:30-10:00 Pain Release Phenomenon and Compression Techniques demo and lab practice: MTP jts, EHL tendon, tarsals, sesamoids

10:00-10:15 Break time

10:15-12:00 Knee demo & lab practice progressions/combinations:: Belt MWMs, IR MWM, Squeeze technique, proxii tib/fib joint, taping & PRPs

12:00-1:00 Lunch

1:00-2:00 Hip demo & lab practice progressions/combinations: flex, external rot, NWB bearing & WB bearing techniques & PRP techs

2:00-2:45 Lumbar demo & lab practice progressions/combinations:: SNAGs, self SNAGs, SLR techs, SNAGs with SLR, HEP

2:45-3:00 Break time

3:00-4:15 SIJ demo & lab practice progressions: ilium rotations, scolar dysfunctions weight bearing techniques, taping techniques


***Optional CMP Examination Practical Review Session: 5:00 – 7:00 Advance course participants may attend.***
COURSE REQUIREMENTS and REQUIRED READING: Wear loose, comfortable lab clothes. Bring mobilization belts, mobilization pads if available.


Suggested Reading: **Mobilisation with Movement: The art and science** by Vicenzino, Hing, Rivett and Hall, 2011.

REGISTER AT: [https://www.na-mcta.com](https://www.na-mcta.com)

QUESTIONS? Contact:
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