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Cervical SNAGs | Neck Self-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~~

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Manual Therapy Techniques Do I  
Recommend? Sustained Natural  
Apophyseal Glides (SNAGS) SNAGS  
& 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

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Terapia Manual - Mulligan - MWM -  
Tennis elbow Cervical rotation and  
extension Mulligan techniques Cervical  
Traction Techniques Cervical NAG

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Manual Cervical Traction Manual  
~~Therapy | Joints Mobilization (Maitland)~~  
~~Mulligan Concept: Mobilization with~~  
~~Movement for the Sacroiliac Joint~~  
~~Demonstration Mulligan Taping~~  
Techniques :: Tennis Elbow **SNAGS**  
~~cervical extension Mulligan Home~~  
Exercise :: Shoulder MWM

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The Mulligan Manual Therapy Method  
Natural Apophyseal Glides (NAGs) :  
Therapy / Treatment for cervical Spine /  
neck pain and stiffness Reverse NAGs,  
Manual Therapy/Treatment of Cervical  
Spine (Neck) Pain \u0026amp; Stiffness Unit  
05 NAGS \u0026amp; RNAGS- (Natural  
Apophyseal Glides \u0026amp; Reverse

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Natural Apophyseal Glides) Self SNAGs  
self treatment Lumbar Spine pain \u0026  
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This essential resource for physical  
therapists details the manual therapy



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techniques used in the Mulligan Concept, developed by world renowned manual therapist Brian Mulligan. The Mulligan Concept has become one of the most popular manual therapy techniques for musculoskeletal disorders. It utilizes NAGS (Natural Apophyseal Glides), SNAGS (Sustained Natural Apophyseal

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

...

Manual Therapy: NAGS, SNAGS,  
MWMS | Brian Mulligan | OPTP  
Brian Mulligan, FNZSP, Dip MT,

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

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Manual Therapy, Nags, Snags, MWMS  
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The Mulligan Concept utilizes NAGS  
(Natural Apophyseal Glides), SNAGS  
(Sustained Natural Apophyseal Glides)  
and MWMS (Mobilisations with

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Movement) to treat a myriad of musculoskeletal conditions. Written by one of the world's foremost experts of manual therapy, Brian Mulligan.

Manual Therapy: NAGS, SNAGS, MWMS etc.

Manual Therapy 'Nags', 'Snags' and

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Manual Therapy Nags Snags and Mwms  
by Brian R Mulligan ...

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



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Manual Therapy NAGS SNAGS MWMs  
etc 7th Edition - New  
Mulligan Concept. Initially trained by  
Kaltenborn, Brian Mulligan took  
traditionally sustained translations and  
added patient generated active movement  
to achieve pain free movement and

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function. Brian Mulligan ' s concept of mobilizations 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 movement.

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Mulligan Concept » Mulligan Concept -  
Manual Therapy

NAGs and SNAGs are mobilisation techniques and are used as part of the Mulligan Concept. NAGs are used on the cervical spine (neck) as well as the upper thoracic spine (upper back). SNAGs are used throughout the spine, rib cage and

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sacroiliac joint (tail bone). They are also used to treat limb problems that 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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The official International Web Site The  
Mulligan Concept of Mobilisation with  
Movement (MWM) is a unique manual  
therapy treatment approach combining  
mobilisation with active movement or  
function. Fundamentally a patient ' s

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pain, restriction or functional loss is eliminated when appropriate mobilisation forces are applied during movement.

Mulligan Concept - Manual Therapy  
"Manual Therapy "NAGS", "SNAGS",  
"MWMS", etc' (2003) for Physiotherapists.  
'Self Treatment for the Back, Neck and

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

Mulligan Concept - Physiopedia  
Plane View Services was first established  
by Brian Mulligan, the developer of the

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Mulligan Concept of Manual Therapy in 1984. The company was created to sell Brian ' s textbooks on his concept “ Manual Therapy NAGS, SNAGS PRP ' s etc ” and “ Self treatments for back, neck and limbs. ”

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Therapy Concepts

Manual Therapy 'Nags', 'Snags' and  
'Mwms' by Mulligan, Brian R. and a great  
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When applied correctly, they can significantly reduce joint pain and increase spinal rotation. The techniques are also effective treatments for patients with pain or stiffness of Cx 5/6 and Cx 6/7 origin.

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

About the Author Brian Mulligan  
originated and developed the concept of  
combining accessory mobilizations with  
physiological movements in the extremities  
(MWMs). In the spine, he promotes the



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

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Mobilization with Movement manual therapy techniques were discovered and

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developed by Brian Mulligan F.N.Z.S.P.  
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Zealand. This simple yet effective manual  
approach addresses u0003musculoskeletal  
disorders with pain free manual joint  
“ repositioning ” techniques for  
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