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

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revised information including Mobilisations with Movement (MWMs) for the shoulder girdle. When applied correctly, they can significantly reduce joint pain and increase movement.

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In the application of manual therapy techniques, Physiotherapists acknowledge that contraindications to treatment exist and should be respected at all times. Although always guided by the basic rule of never causing pain, therapist choosing to make use of SNAGS in the spine and MWMs in the extremities must still know and abide by the basic rules of application of manual therapy techniques.

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The Mulligan Concept utilizes NAGS (Natural Apophyseal Glides), SNAGS (Sustained Natural Apophyseal Glides) and MWMS (Mobilisations with Movement) to treat a myriad of musculoskeletal conditions. Written by one of the world's foremost experts of manual therapy, Brian Mulligan.

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NAGs mobilise joints mid way through range of movement whilst SNAGs mobilise joints to the end of their range of movement. SNAGs are a form of MWMs. Above: Nags and Snags in a form of manual therapy performed by physiotherapists in order to increase the range of movement around a joint. How do NAGs and SNAGs help?

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### **Publications Archive - Mulligan Concept**

Mulligan, BR; Manual Therapy 'NAGS', 'SNAGS', 'MWMS' etc. (6th Ed), Orthopedic Physical Therapy Products, 2010 This new 6th edition text contains new & revised information including Mobilisations with Movement (MWMs) for the shoulder girdle. When applied correctly, they can significantly reduce joint pain and increase movement.

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In the spine, he promotes the use of natural apophyseal glides (NAGS) and sustained natural apophyseal glides (SNAGS). He received the prestigious International Service to The Profession Award from the WCPT and has been an international lecturer in manual therapy since 1972.

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Manual therapy treatments. In 1991, Brian Mulligan, a New Zealand physiotherapist, introduced a physical therapy treatment for cervicogenic dizziness called Sustained Natural Apophyseal Glides (SNAGs) . Although this treatment is used clinically and is accepted in the Physiotherapy profession, there has been very little research to evaluate its efficacy for cervicogenic dizziness.

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