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### **Mulligan Manual Therapy Nags Snags**

Brian Mulligan, FNZSP, Dip MT Brian 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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Since its inception in 1985, the Mulligan Concept has become one of the most popular manual therapy techniques for

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musculoskeletal disorders. Brian Mulligan's concept utilizes mobilizations with movement (MWMS) in the extremities and sustained natural apophyseal glides (SNAGS) in the spine to relieve pain and increase range of motion.

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

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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.

### **Manual Therapy: NAGS, SNAGS, MWMS etc.**

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 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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NAGS and SNAGS Initially Mulligan developed techniques to treat spinal dysfunction which resulted in loss of range of motion and/or pain. These techniques are referred to as NAGS and SNAGS which are acronyms for Natural Apophyseal GlideS and Sustained Natural Apophyseal GlideS.

### **Mobilization With Movement: NAGS and SNAGS - Symetrics**

The concept of Mobilizations with movement (MWM) of the extremities and SNAGS (sustained natural apophyseal glides) of the spine were first coined by Brian R. Mulligan. Mobilization with movement (MWM) is the concurrent application of sustained accessory mobilization applied by a therapist and an active physiological movement to end range applied by the patient.

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Plane View Services was first established by Brian Mulligan, the developer of the 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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Mobilization with Movement manual therapy techniques were discovered and developed by Brian Mulligan F.N.Z.S.P. (Hon), Dip. M.T., Wellington, New Zealand. This simple yet effective



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manual approach addresses musculoskeletal disorders with pain free manual joint “repositioning” techniques for restoration of function and abolition of pain.

### **The Official International Web Site of the Mulligan Concept**

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NAGS involves a mid to end-range facet joint mobilisation applied anterocranially along the plane of treatment within the desired joint, combined with a small amount of manual traction. The purpose of this treatment is to increase movement within the spine, and decrease symptomatic pain. Sustained natural apophyseal glides

**Natural apophyseal glides - Wikipedia**

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Bring your copy of the text (a separate course manual included in course fee is provided to you at the course), a small hand towel and a Mulligan NAGS & SNAGS Mobilization belt Foam mobilization pads are recommended. Required Text: Manual Therapy, "NAGS", "SNAGS", "MWM'S", ETC., 7th ed., Brian R. Mulligan, F.N.Z.S.P., Dip. M.T.

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