



Mulligan's Upper Quadrant Course

presenter Mr. Mark Oliver

Course Outline

Day 1

8.45 Registration

9.00 Introduction to the Mulligan Concept and Mobilisation

With Movement Finger and Hand Techniques

10.00 Cervical NAGs and SNAGs

10.30 Morning Break

10.50 Wrist Techniques

12.30 Lunch

1.15 Cervical SNAGS (continued), Spinal mobilisation with arm movement

3.00 Afternoon Break

3.15 'Tennis Elbow', Upper cervical techniques

4.45 Questions

1700 End of Day 1

Day 2

8.00 Review of cervical NAGs and other cervical techniques

10.00 Morning Break

10.15 Shoulder Techniques, Shoulder girdle & ACJ techniques

12.00 Lunch

12.30 Upper limb neural techniques, Thoracic spine

2.00 Afternoon Break

2.05 Rib MWM, Other techniques, Discussion, Questions & Summary

3.00 End of Day 2

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