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stiffness in neck Reverse NAGS
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Enhanced PT What Manual
Therapy Techniques Do I
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NAGS Mulligan Technique

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Method Natural Apophyseal Glides

(NAGs) : Therapy / Treatment for

cervical Spine / neck pain and

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Therapy/Treatment of Cervical
Spine (Neck) Pain \u0026amp; Stiffness
Unit 05 NAGS \u0026amp; RNAGS- (Natural Apophyseal
Glides \u0026amp; Reverse Natural Apophyseal
Glides) Self SNAGs self treatment Lumbar
Spine pain \u0026amp; stiffness Mulligan Concept
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This essential resource for physical therapists details the manual therapy 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

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Brian Mulligan, FNZSP, Dip MT, 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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The Mulligan Concept utilizes
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for the spine and extremities
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Initially trained
by Kaltenborn, Brian Mulligan
took traditionally sustained
translations and added patient
generated active movement to
achieve pain free movement and
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 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 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 pain, restriction or functional loss is eliminated when appropriate mobilisation forces are applied during movement.

Mulligan Concept - Manual
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"Manual Therapy

"NAGS", "SNAGS", "MWMS", etc'
(2003) for Physiotherapists. 'Self
Treatment for the Back, Neck and
Limbs' for Public. Description.

NAGS- Natural Apophyseal Glides.

SNAGS - Sustained Natural
Apophyseal Glides. MWMS-

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Mobilization with Movements.

Brian R Mulligan Published

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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

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We sell the official mobilisation
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Therapy, NAGS, SNAGS, MWMS
etc. and the book Self Treatments
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About the Author Brian Mulligan
originated and developed the
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apophyseal glides (NAGs) and
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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
manual approach addresses
musculoskeletal disorders
with pain free manual joint
“repositioning” techniques for
restoration of function and
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