



The **Mulligan Concept** - Do you know how to use this New Zealand born concept in your assessment and management of musculoskeletal problems seen daily in your practice?

This very safe, very successful manual therapy concept is proving to be a winner around the world with physiotherapists. Research is giving ample justification that you should be familiar with these techniques.

The NZMPA is offering a three-part Mulligan Concept course, presented by **Jillian McDowell**, structured as follows:

Part A, which covers the upper quartile, cervical and thoracic spine

Part B, which covers the lower quartile and lumbar spine

Part C, which includes further topics, as well as an examination of the whole course

The two-day workshops are designed for the busy clinician and are very “hands on”. They are taught sequentially (Part A is a prerequisite for Part B, and both parts A and B are prerequisites for Part C). All participants will have new manual therapy skills to apply to their patients upon returning to work after the course. Brian Mulligan's latest textbook is the course manual and treatment belts, lumbar snaggers and cervical snaggers will be available for purchase during the course. Mulligan Concept tapings will also be practiced.

Techniques include NAGS, SNAGS, MWMS and spinal mobilisations with arm and leg movements for non-radicular pain. All have the unique safety feature of being pain free for the patient immediately if they are indicated for their symptoms.

The course is limited to 18 students, and priority will be given to NZMPA financial members.

The CMP Update requires participants to have completed Mulligan Concept Course Parts A, B, C and the Exam prior to November 2017.

For 2020, the following courses in this series are presented:

Part A - Upper Quarter Course: \$600 NZMPA members / \$700 non members

This two-day course presents the Mulligan approach to manual therapy for the Cervical and Thoracic spine as well as for the upper extremity. It includes lecture, patient demonstrations, and lab time to give the participants a thorough and in depth coverage of the Mobilization With Movement approach for the upper quarter

[7 and 8 March 2020 - Wellington](#)
[20 and 21 June 2020 - Auckland](#)

Part B - Lower Quarter Course: \$600 NZMPA members / \$700 non members

This two-day course presents the Mulligan approach to manual therapy for the lumbar spine and sacroiliac joint as well as for the lower extremity. It includes lecture, patient demonstrations, and lab time to give the participants a thorough and in depth coverage of the Mobilization With Movement approach for the lower quarter.

[29 and 30 August 2020 - Wellington](#)

[3 and 4 October 2020 - Auckland](#)

Part C - CMP Exam Course: \$750 NZMPA members / \$850 non members

The first two days of the course will review and fine-tune the participant's skill level with the Mulligan approach to manual therapy for the whole body. In addition instruction in the use of Pain Release Phenomenon techniques and compression techniques is presented. It will include lecture, patient demonstrations, and lab time to give the participants an opportunity for depth problem-solving and refinement of technique for this Mobilization With Movement approach. This will also assist in preparing those interested in taking the Certified Mulligan Practitioner Exam on day three.

[5 December to 7 December 2020 - Auckland](#)

Bookings are taken online via PNZ Events Directory - just click the date/location you would like to take you through to each course's booking page.

Any queries, please email NZMPA at admin@nzmpa.org.nz

Mulligan Concept	
Part A – Wellington	7 & 8 Mar 2020
Part A – Auckland	20 & 21 June 2020
Part B – Wellington	29 & 30 Aug 2020
Part B – Auckland	3 & 4 Oct 2020
Part C and Exam – Auckland	5, 6 & 7 Dec 2020