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This essential resource for  
physical therapists details the  
manual therapy techniques used  
in the Mulligan Concept,  
developed by world renowned

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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



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

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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

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glides (SNAGs).  
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The Mulligan Concept utilizes  
NAGS (Natural Apophyseal  
Glides), SNAGS (Sustained  
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MWMS (Mobilisations with  
Movement) to treat a myriad of  
musculoskeletal conditions.

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therapy, Brian Mulligan.

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used to treat a myriad of  
musculoskeletal conditions.

Manual Therapy NAGS SNAGS  
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Mulligan Concept. Initially trained  
by Kaltenborn, Brian Mulligan  
took traditionally sustained

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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

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revolutionary due to this  
concurrent application of both  
therapist applied forces and  
patient generated movement.

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NAGs and SNAGs are mobilisation

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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

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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

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active movement or function.  
Fundamentally a patient's pain,  
restriction or functional loss is  
eliminated when appropriate  
mobilisation forces are applied  
during movement.

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NAGS- Natural Apophyseal Glides.  
SNAGS - Sustained Natural



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company was created to sell  
Brian's textbooks on his concept  
"Manual Therapy NAGS, SNAGS  
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About the Author Brian Mulligan  
Originated and developed the  
concept of combining accessory  
mobilizations with physiological  
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(MWMS). In the spine, he promotes the use of natural apophyseal glides (NAGs) and sustained natural apophyseal glides (SNAGs).

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