



*Sterling Physical Therapy presents:*

**THE MULLIGAN CONCEPT**  
**LOWER QUARTER COURSE**

*Mobilization with Movement NAG's, SNAG's, and more  
Spinal and Peripheral Manual Therapy Treatment Techniques*

**March 20-21, 2010  
Pella, Iowa**

**INSTRUCTOR:**

**Frank Gargano, PT, DPT, OCS, MCTA**  
Mulligan Concept Teachers Association

**COURSE DESCRIPTION**

• This two-day manual therapy seminar offers a new and simple approach in manual therapy. It is the application of mobilizations with movements (MWM's). This manual therapy approach was developed by Brian Mulligan, M.N.Z.S.P., Dip. M.T. for lower extremity and spinal joint dysfunction. The efficacy of this approach can be quickly and easily ascertained in clinic. It is an expectation of this course that those therapists with a normal case load will find an immediate improvement in outcome measures with patients with restricted and/or painful movement. The course is designed for licensed health care professionals who wish to broaden their existing manual therapy skills for use within their defined scope of practice. This course is one of three courses required to sit for the certification examination leading to qualification as a Certified Mulligan Practitioner (CMP)

**LEARNING OUTCOMES**

- Present and apply the principles of the Mulligan Concept of manual therapy.
- Challenge established conceptual models of pathology and treatment.
- Give clear guidelines for the proper and safe application of the techniques.
- Review and discuss anatomy and biomechanics as it relates to treatment.
- Enhance assessment & treatment skills of the Lumbar, Sacroiliac, & LE joints.
- Develop and refine psycho-motor skills in the application of manual therapy.

**ABOUT THE INSTRUCTOR:**

• **Frank Gargano** PT, DPT, OCS, MCTA is Board Certified in Orthopedics through the American Physical Therapy Association; in 2002 he received his clinical doctorate in Orthopedic Physical Therapy. He is a national speaker on orthopedic topics and provides advanced educational seminars across the country. He is active in clinical research with a specialty interest in cervical spine disorders as they relate to headaches, dizziness and pain. He developed a continuing education seminar entitled, "The Upper Cervical Spine in Headaches, Dizziness and Pain; A Neuro-Orthopedic Perspective." In 2004 he was the recipient of the award for outstanding clinical excellence in recognition of his contribution to the practice of Physical Therapy. He is an international board member and Chief Financial Officer for the Mulligan Concept Teacher's Association. In 1994, Dr. Gargano opened Rehabilitex Inc.; a private practice orthopedic clinic in Solon, Ohio. In 2001 he was a founding partner of the Workability Network, a statewide network of 126 Physical Therapy clinics that provide industrial rehabilitation services. In 2007 he was a founding member of Vestibular Diagnostics, LLC that provides balance and vestibular diagnostic testing and rehabilitation consultation. He is an expert witness for medical-legal case review in the area of rehabilitation.

**COURSE REQUIREMENTS**

- Wear loose, comfortable lab clothes.
- Bring mobilization belts, mobilization pads and exercise mat.

**COURSE TEXT:**

Manual Therapy, "NAGS," "SNAGS," "MWMS," etc., 5th ed.

**COURSE OUTLINE**

**Two Day Course, 8:00AM – 4:00PM**

**Instruction, demonstration and lab practice for the Lower Quarter**

- **Lumbar:** Sustained Natural Apophyseal Glides (SNAG's), self-SNAG's. Techniques to improve SLR ROM. Traction mobilization techniques and development of home programs for the spine.
- **Thoracic:** SNAG's for rotation, flexion, SB, extension, belt traction, HEP.
- **SIJ:** Mobilization With Movement (MWM) techniques for the correction of iliosacral rotations, up slip, plinth and functional weight bearing techniques, taping techniques for carry over.
- **Hip:** MWM's for flexion, extension, rotation, non-weight bearing and functional weight bearing techniques.
- **Knee:** Belt MWM's for flexion/extension. Internal rotation MWM's, Squeeze technique for meniscus dysfunction, treatment to the proximal tib/fib and taping.
- **Ankle:** MWM's to talocrural for DF/PF. A new concept in the treatment of ankle sprains, and taping techniques.
- **Toes/Feet:** IP, MCP, metatarsals, tarsals, plantar fasciitis, and taping techniques.

**CONTACT**

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**REGISTRATION:**

*Course is limited to 22 people, sign up now to reserve your spot!*

**The Mulligan Concept Lower Quarter Course** Pella, Iowa, March 20-21, 2010

Name \_\_\_\_\_ Title/Credential \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

**Fee: \$435 by March 1, 2010** (\$450.00 after 3.1.10)

Send Check to: Sterling Physical Therapy  
2525 Washington Street  
Pella, Iowa 50219

*A hotel list will be provided upon request.*