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~~Technique (MWM)~~

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~~rotation~~ **Neck**

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Reverse NAGs,
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Cervical Spine
(Neck) Pain**

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promotes the use
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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
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natural

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apophyseal
glides (SNAGS)
in the spine

were

revolutionary
due to this
concurrent
application of
both therapist
applied forces
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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

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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.

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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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Mulligan Concept
of Mobilisation
with Movement
(MWM) is a
unique manual
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treatment
approach
combining

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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.

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