

***8 days***  
***Hands on workshop***  
***on***  
***MULLIGAN'S CONCEPT***

***By***

***Dr. Deepak Kumar***

***B.P.T., M.S.P.T., F.I.A.P., Ph.D.***

***A.C.O.M.T. (Australia), MCTA (New Zealand)***

***Director & Sr. Consultant Manipulative Physiotherapist***

***Accredited Mulligan's Concept Teacher***

***Capri Institute of Manual Therapy***

**179, Jagriti Enclave, Karkardooma, Vikas Marg, Delhi, India. Pin : 110092**

**Ph: - +919312430264, +919312215069, +919810265641**

**Visit us at: - [www.capri4physio.com](http://www.capri4physio.com) email: - [deepakcapri@gmail.com](mailto:deepakcapri@gmail.com)**



# Capri Institute of Manual Therapy

B 223, Greater Kailash -1, New Delhi 110048 Ph: 29235141  
: Sant Parmanand Hospital, Civil Lines, Delhi-54 Ph.: 23945141, 23983943  
: 179, Jagriti Enclave, Vikas Marg, Delhi -92 Ph: 22155141, 22145141

Cell no. [+91 9312430264](tel:+919312430264), [+91 9312215069](tel:+919312215069), Web : [www.capri4physio.com](http://www.capri4physio.com), email: [deepakcapri@gmail.com](mailto:deepakcapri@gmail.com)

Dear Physiotherapist,

Regards!

Thanks for taking interest in Manipulative Physiotherapy & hands on workshop on Mulligan Concept. Believe me, this will prove to be one of the best decisions taken on your part to become a successful, manipulative physiotherapist. It will help you & your staff a lot in all areas of Physiotherapy, be it private practice, academics or research.

This CME offers a high level of information and clinical expertise to all the participants regardless of their previous clinical experience and knowledge. A stimulating learning environment in a homogenous group & a highly organized workshop with individual attention is offered. In the last 9 years we have trained more than 7000 Physios in Mulligan's concept from all over the country & they are doing extremely well in the profession. Thanks to Brian Mulligan for developing the magical manual therapy techniques, where patients recover instantly in a pain free way!

## The feedback given by these 7000 Physios after finishing hands on workshop on Mulligan Concept:

Parameters	Excellent	Good	Average	Poor
Duration of the Course	90%	10%	0%	0%
Duration to Learn each Technique	97%	3%	0%	0%
Teaching Method / Approach	90%	9%	1%	0%
Knowledge of the Teacher	95%	5%	0%	0%
Contents of the Course	93%	7%	0%	0%
Efficacy of the Tech in Patient Management	85%	10%	5%	0%

Our 8 days hands-on workshop combines the Introduction & Basics of The Mulligan concept with modules 1, 2 & 3 of the same. The idea behind combining module 1, 2 & 3 is to mould our schedule according to the convenience of the applicants as requested. This course will also familiarize & make them well-versed with the Mulligan's concept. In a nut shell, it would give their practice a new dimension by application of this benefiting

approach. The applicant taking up this course will duly receive a course completion certificate which in itself is a valuable acknowledgement. After completing this 8 days hands-on workshop, the applicant will be eligible to sit for CMP examination. After qualifying this exam he / she will receive an additional certificate of the **“Certified Mulligan Practitioner (CMP)”**.

### **The Mulligan Concept**

The Physiotherapy treatment of musculoskeletal injuries has progressed from its foundation in remedial gymnastics and active exercise to therapist-applied passive physiological movements and on to therapist-applied accessory techniques. Brian Mulligan's concept of mobilisation with movement (MWMs) in the extremities and sustained natural apophyseal glides (SNAGs) in the spine are the logical continuance of this evolution with the concurrent application of both therapist-applied accessory and patient generated active physiological movements.

### **The Resource Person for C.M.E.**

We take pride in informing you that Dr. Deepak Kumar, who is the first Asian, accredited to be a certified Mulligan's Concept Teacher by MCTA, as per the norms given by IFOMT, conducts these CME's. It is also worth mentioning that he is among the 49 accredited manual therapy teachers all over the world mainly from America, Europe & Australia. He is authorized to conduct courses in manual therapy for Mulligan's concept anywhere in the world & the certificates issued by him will be recognized with equal weightage all over the world.

He has completed his doctorate (Ph.D.) in Mulligan Concept, he is a postgraduate in Sports Medicine & Physiotherapy from Guru Nanak Dev University, & has completed his graduation from National Institute of Rehabilitation Training & Research. He has also been to Curtin University, Australia, to get his Super Specializations in Manipulative Physiotherapy.

He is a clinical teacher & examiner to various Universities in North India for Graduate & Postgraduate programs. He has an excellent background in teaching, research, & clinical management skills to run courses like these.

### **Brief profile of the resource person**

#### **DR. DEEPAK KUMAR**

(H.O.D. & Sr. Consultant Manipulative Physiotherapist)

B.P.T. (NIRTAR), M.S.P.T. (GNDU), C.O.M.T. (Curtin Univ.), M.C.T.A., F.I.A.P., Ph.D.

Certified Mulligan Concept Teacher

**A Teacher:** Trained more than 7000 students (in last 9 years) from various reputed institutes from India & abroad. Member of Board of study & Examiner in various reputed Universities & Institutions.

**A Researcher:** Made 12 inventions in manual therapy, electrotherapy, & exercise therapy. Guided 53 research projects & still growing. Presented 34 papers in various state/ national & international conferences like IFOMT and WCPT etc., bagged 9 best papers & six 1st runner up awards. Published 4 papers in reputed Journals. The new techniques are published in Mulligan's 5<sup>th</sup> & 6<sup>th</sup> edn. Book

**A Professional:** Treated 75,000 patients in the last 20 years (together with team). Administrating more than 60 professionals & supporting staff as Director of Capri Institute of Manual Therapy & HOD physiotherapy at Sant Parmanand Hospital, Delhi. Attended more than 72 workshops / CME by National & International faculties. Given 2 TV interviews (live) on physiotherapy in June 2004 & in July 2004. Organized more than 122 CME / workshops / conferences including International Conf. on Manual Therapy INTERCOMAT2005 at Dehradun & INTERCOMAT2006 at Delhi.

E.C. member in Indian Association of Sports Medicine (1999-2001)

Convener National Secretariat & Council act Committee (IAP CEC 2006-08)

President of Indian Association of Sports Physiotherapist (2006-08)

Chief Editor International Journal of Physical Therapy

Recipient of Distinguished Service Award by IAP (2006)

Recipient of Fellowship by IAP (2010)

### **Please find some useful information about the workshop.**

**Proposed Dates and City:** - Please check our site [www.capri4physio.com](http://www.capri4physio.com)

**Timings:** - 9:00AM to 5:00PM (8 days, 64 hrs.). Please see time table & syllabus attached.

**Venue:** - Will be informed personally to regd. Delegates only.

**Fee:** - Rs. 15,000/- For 8 Days (Rs. 16000/- from 1<sup>st</sup> Oct. 2012 onwards)

**Fee inclusive of:** - Tuition fee, Certificate of 64 Credit hours for 8 days with transcript (Recognized all over the world); Study material with Photos in CD; 6th edn. Mulligan Book worth 45 USD; Lunch; 2 Different Treatment belts worth 50USD, Mobilisation pad & Bag.

**Total Seats:** - 40

**Resource person:** - Dr. Deepak Kumar, Certified Mulligan concept teacher.

H.O.D. & Sr. consultant Manipulative Physiotherapist. Ph: +91 9810265641

**Eligibility:** - The applicant should be a Physiotherapist (Final year / Intern / DPT/BPT/MPT).

There is no pre-requisite in terms of manual therapy experience. The program offers a high level of information and clinical expertise, provided to all participants regardless of previous clinical experience and knowledge in a stimulating learning environment.

**To reserve seat: -** Please deposit the following:

- A) Registration fee of Rs. 5000/- (This includes Non-refundable fee- Rs. 3000/-) However, if we do not / can't offer a seat or if the course is cancelled / postponed because of any reason, your full money Rs. 5000/- will be refunded back (Remaining fee of Rs. 11000/- to be deposited after confirmation of your seat).
- B) Online Application form / Download Application form / See the 2<sup>nd</sup> last page of this document
- C) 2 colored recent passport size photographs
- D) Photocopy of your documents (degree / diploma / marks sheets / I –Card).

**How to pay fee:**

**By Cheque (IN ICICI BANK):** Deposit your regd. Fee Rs. 5000/- by Cheque only in any branch of ICICI bank in your city. Fee by Cheque must be deposited in favor of: [“Capri Institute of Manual Therapy, A/c no: 033005001742”](#) “RTGS/NEFT/IFSC code: ICIC0000330”. Bank: ICICI bank, Branch: Anand Vihar, Delhi 92 (Please note this Cheque can be from any branch of any bank within city & need not be from ICICI bank only). After depositing fee in bank, Please Submit online application form on this site. You can also download the application form & other details (can be printed from this website) & send by email as attached file along with scanned passport size color photo & required documents (degree / diploma / marks sheets / I –Card) to: [deepakcapri@gmail.com](mailto:deepakcapri@gmail.com) Or send it by courier to: Capri Physiotherapy Clinic (A unit of Capri Institute of Manual Therapy), 179, Basement, Jagriti Enclave, Karkardooma, Vikas Marg, (Near Pushpanjali Hospital) Delhi, India PIN:- 110092.

**By NEFT/ RTGS in ICICI Bank:** Transfer your regd. Fee Rs. 5000/- by NEFT from any of your account through internet banking. Details are as follows:

Bank Name: ICICI Bank  
Branch: Anand Vihar, Delhi 92.  
Account Name: Capri Institute of Manual Therapy  
Account No.: 033005001742  
RTGS/NEFT/IFSC code: ICIC0000330  
Type of account: Current account

**Note: Please mention your name & phone number at remark column at bank site while transferring your fee. Please also note down your transaction ID after transferring your fee. This will help us in tracing your fee easily.**

After Transferring fee in bank, Please Submit online application form on this site. You can also download the application form & other details (can be printed from this website) & send by email as attached file along with scanned passport size color photo & required documents (degree / diploma / marks sheets / I –Card) to: [deepakcapri@gmail.com](mailto:deepakcapri@gmail.com) Or send it by courier to: Capri Physiotherapy Clinic (A unit of Capri Institute of

Manual Therapy), 179, Basement, Jagriti Enclave, Karkardooma, Vikas Marg, (Near Pushpanjali Hospital)  
Delhi, India PIN:- 110092.

**By Cash:** You can also deposit fee by cash along with other documents at any of our centers only or in ICICI bank as per details given above (please do not forget to get transaction ID from your depositing ICICI bank after depositing your fee in cash). You must not deposit or transfer cash in Bank account as we will not be able to trace it without the transaction ID.

**By Demand Draft:** Send your fee by Bank DD in Favor of: [“Capri Institute of Manual Therapy”](#), payable at [Delhi](#) . Please send it along with other documents by post or courier to: Capri Physiotherapy Clinic (A unit of Capri Institute of Manual Therapy), 179, Basement, Jagriti Enclave, Karkardooma, Vikas Marg, (Near Pushpanjali Hospital) Delhi, India PIN:- 110092.

Please Note: Your full money will be refunded back, only, if we do not / can't offer a seat or if the course is cancelled / postponed because of any reason.

**Cancellation Policy: -** All cancellation requests must be in writing.

- Any cancellation on or before 1 month, from the date of CME will attract a charge of Rs. 3000/-only towards administrative costs.
- No money will be refunded back in case of any cancellation request received or post marked, less than one month prior to the date of CME.
- However, if we do not / can't offer a seat or if the course is cancelled / postponed because of any reason, your full money will be refunded back.

Please note that items like receipt of your payment, admit card, study material, and belts will be given at the venue during the course. All participants are requested to report at the above venue at approx. 9:00 AM on the 1<sup>st</sup> day of the workshop.

**Learning Outcomes: -** All participants will gain an understanding of Mulligan's concept of Mobilization with Movements. The participants will have enhanced assessment skills when examining extremity and spinal joints. They will have the guidelines necessary to apply, when indicated, painless techniques for the improvement of the joint function. As with all manual techniques, handling skills are paramount, and at the end of the program, the true professional will be able to further develop this new field of mobilization with movement. They will learn taping techniques to maintain correction of functional movement patterns. The most important outcome is that the patients will benefit the most from this new approach.

**Course Requirements:** Wear loose, comfortable lab clothing (with long hair pulled back); bring a large towel. All participants must bring one small and a large towel & come in loose dressing preferably in T-shirt (female participants:- with deep neck from back & sleeve less) & half pants or parallels, with long hair pulled back, finger nails must be cut & trimmed. You must not wear any ring, wrist watch & ornaments.

If you are interested in conducting these courses in your City / Institute, we suggest you to block dates for 2013 immediately as we are getting a very good response coming our way for the same & the dates for 2012 are almost fully booked.

New dates for 2013 are already available on the website **www.capri4physio.com**. Please keep yourself updated. For more details, you may visit our web site or you can call us between 9AM to 8PM at our cell no +91 9312430264 or +91 9312215069.

Wish you a very bright & successful career.

Thanks!

Yours faithfully,

Administrator,

Capri Institute of Manual Therapy.

**Following is the time table for 8 days workshop:**

	1st Day	2nd Day	3rd Day	4th Day	5 <sup>th</sup> Day	6 <sup>th</sup> Day	7 <sup>th</sup> Day	8 <sup>th</sup> Day
9.00AM	Registration	Knee	Shoulder	Thoracic Spine	Cervical Spine	Taping	Neuro-dynamics	Advance Tech
10.00AM	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break
10.15AM	Basics of Mulligan	Foot & Ankle	Shoulder	Thoracic Spine	Cervical Spine	Taping	Neuro-dynamics	Revision
1.00PM	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1.30PM	Hip Joint	Wrist & Hand	S.I. Joint	Lumbar Spine	Cervical Spine	PRP	SMWLM SMWAM	Revision
4.00PM	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break
4.15PM to 5-6 PM	Knee	Forearm	Elbow	Lumbar Spine	HVT	PRP	Neuro-dynamic SNAGs	Certificate Distribution

# Application Form

(USE CAPITAL LETTER ONLY, all fields must be filled)

First Name: \_\_\_\_\_ Middle Name \_\_\_\_\_

Last (Surname) Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_

Qualifications: \_\_\_\_\_

Name of the Institution Passed From \_\_\_\_\_

Recent Colored  
Passport Size  
Photograph

Mailing Address (Present) \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Country \_\_\_\_\_ PIN \_\_\_\_\_

Ph: (Res.) \_\_\_\_\_ Ph: (Mobile) \_\_\_\_\_

Ph: (Work) \_\_\_\_\_ Email: \_\_\_\_\_

Work Address (Present) \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Country \_\_\_\_\_ Pin \_\_\_\_\_

Fee Detail: Rs. \_\_\_\_\_ Cheque / D.D. No. \_\_\_\_\_ Bank: \_\_\_\_\_

City you wish to do course & Date: \_\_\_\_\_

## **Details of other Manual Therapy courses done earlier (If any).**

Instructor's Name \_\_\_\_\_ Course Location \_\_\_\_\_ Date \_\_\_\_\_

Instructor's Name \_\_\_\_\_ Course Location \_\_\_\_\_ Date \_\_\_\_\_

**Undertaking:** - This is to certify that I am not suffering from any known medical illness, which stops me to undergo manipulation. This is to further certify that I am fit to undergo manipulation & mobilisation for any part of my Body.

Signature of Applicant

With Name, Date & Place.



## Break up of fee structure for 8 Days Course on Mulligan concept

Sr.	Name of the Course	Item per delegate	Rs. (INR)	No. of Days /item	Total Rs. (INR)
1.	Mulligan Concept Basics, Upper & Lower Quarter course (5 Days), & follow up course (3 Days) Total 8 days, (64 Hours)  (9 AM to 5 PM) Or (10AM to 6PM) Or (11AM to 7PM)	Tuition fee (certified course)	1000/- Per day	8	8000/-
		Lunch	200/- Per day	8	1600/-
		Mobilisation Belt	600/-	2	1200/-
		Bag	200/-	1	200/-
		Study material (original 6 <sup>th</sup> edn. book of Brian Mulligan)	1500/-	1	1500/-
				1	
		Taping Material	500/- given on 6 <sup>th</sup> Day	1	500/-
		Pen worth Rs. 15/-	Free	1	0
		Writing pad worth Rs. 15/-	Free	1	0
		Photo CD with all important Tech of Mulligan Concept	Free	1	0
	Registration charges Rs. 3000/-)	3000/- (non-refundable)		3000/-	
	Transcript (on 8 <sup>th</sup> Day only)	100/- (not charged)	1	0	
	venue (auditorium)	Rs. 5000/- Per day (not charged)	8	0	
	(Food, Accommodation & Transportation of teacher)	Rs. 1,00,000/- (not Charged)	10	0	
			Total	16000/-	

# Syllabus

## Mulligan concept for 8 Days

### INTRODUCTION (1<sup>ST</sup> DAY)

#### 1. Basics & Principle of Mulligan concept

### CERVICAL SPINE

101. NAGs
102. UNI. NAGs
103. NAGs & UNI. NAGs WITH TRACTION
104. REVERSE NAGs
105. UNI. REVERSE NAGs
106. SNAGs
107. UNI. SNAGs
108. FL. SNAGs
109. EXTN. SNAGs
110. ROT. SNAGs
111. SF. SNAGs
112. FIST TRACTION
113. ICT (M)
114. TRACTION WITH BELT
115. ASSESSMENT FOR HEADACHE
116. HEADACHE SNAGs WITHOUT HEADACHE
117. VERTIGO SNAGs
118. HEADACHE SNAGs (WITH HEADACHE)
119. R. HEADACHE SNAGs (WITH HEADACHE)
120. SELF. SNAGs (lower Cx spine)
121. Self SNAGs Vertigo
122. SELF HEADACHE SNAGs (WITH HEADACHE)
123. SELF R. HEADACHE SNAGs (WITH HEADACHE)
124. SELF HEADACHE SNAGs WITHOUT HEADACHE
125. MWM (NECK)
126. WRY NECK
127. SUPINE LYING WITH HEAD ON BOOK FOR HEADACHE

### THORACIC SPINE

128. SNAGS FL.
129. SNAGS EXTN.
130. SNAGS SF.
131. SNAGS ROT.
132. SELF SNAGs FL / EXTN./ SF./ ROT.
133. TRACTION WITH BELT
134. MWM FOR RIBS FL.
135. MWM FOR RIBS SF.
136. MWM FOR RIBS EXTN.
137. MWM FOR RIBS ROT.
138. Pump Handle MWMs for Ribs
139. MWMs Costochondral & Costovertebral Joints
140. MWM FOR R1

## LUMBAR SPINE

- 141. Traction with belt
- 142. SNAGS FL.
- 143. SNAGS EXTN
- 144. SNAGS SF
- 145. SNAGS ROT
- 146. SELF SNAGs FL/ SF/ ROT/ EXTN
- 147. ALL SNAGs IN SITTING / STANDING/ WALKING
- 148. LION
- 149. LION + SNAGs
- 150. LIONS WITH SELF SNAG
- 151. BLR
- 152. SELF BLR
- 153. PASSIVE REPEATED EXTN.(PRE)
- 154. P.R.E. + SNAGs
- 155. GATE
- 156. SELF GATE
- 157. STRETCH SLR
- 158. COMP. SLR

## SACROILIAC JOINT

- 159. SIJ POSTERIO-MEDIAL MWM (SITTING / STANDING)
- 160. SIJ POSTERIO-MEDIAL MWM (PRONE LYING)
- 161. SIJ POSTERIO-MEDIAL MWM (WALKING)
- 162. SIJ ANTERIO-LATRAL MWM (SITTING)
- 163. SIJ ANTERIO-LATRAL MWM (PRONE LYING)
- 164. SELF MWM FOR PASSIVE REPEATED EXTN.
- 165. SELF MWM FOR FLEXION.
- 166. MWM FOR UP SLOP
- 167. MWM FOR DOWN SLOP
- 168. MWM FOR ANT / POST TILT
- 169. MORE MWM FOR SI JOINT (NU / COUNTER NU)

## HIP JOINT

- 170. HIP FL. (SUPINE)
- 171. HIP ROT. MED/ LAT (SUPINE)
- 172. HIP EXTN. (SUPINE)
- 173. HIP FABER MWM (SUPINE)
- 174. HIP ABD. (WEIGHT BEARING)
- 175. HIP EXTN. (WEIGHT BEARING)
- 176. HIP FL. (WEIGHT BEARING)
- 177. HIP ROT MED / LAT (WEIGHT BEARING)
- 178. MWM FOR QUARDS SHORTENING (REVERSE BLR?)
- 179. MWM FOR ADDUCTOR SHORTNING (BETTER THAN BLR?)

## KNEE JOINT

- 180. MED MWM FOR EXTN. WITH HANDS
- 181. LAT MWM FOR EXTN. WITH HANDS
- 182. MED MWM FOR FL. WITH HANDS
- 183. LAT MWM FOR FL. WITH HANDS

- 184. MED MWM FOR EXTN. WITH BELT
- 185. LAT MWM FOR EXTN. WITH BELT
- 186. MED MWM FOR FL. WITH BELT
- 187. LAT MWM FOR FL. WITH BELT
- 188. ROT MWM MED/ LAT
- 189. AP MWM FOR TERMINAL FL.
- 190. SQUEEZ TECH
- 191. SELF MWM MED/ LAT/ ROT
- 192. SUPERIOR TIBIOFIBULAR JOINT MWM
- 193. MWM FOR STAIRS / SIT TO STAND / WALKING

#### FOOT & ANKLE JOINT

- 194. POST MWM FOR D. FL. WITH BELT IN SUPINE LYING
- 195. POST MWM FOR D. FL. WITH HAND
- 196. POST MWM FOR D. FL. WITH BELT
- 197. ANT. FOR PLANTER FL.
- 198. INFERIOR TIBIOFIBULAR (SPRAIN?)
- 199. MWM ANKLE SPRAIN WT. BEARING
- 200. WEB SPACE MWM
- 201. FINGERS MWM FL./ EXTN/ ROT. / ABD/ ADD.
- 202. ANKLE ROKING
- 203. INTERTARSAL MWMS

#### SHOULDER

- 204. TRACTION WITH BELT
- 205. DISTRACTION
- 206. MWM FOR FL. IN SUPINE WITH BELT
- 207. INT. ROT. (BELT)
- 208. EXTN. ROT (BELT)
- 209. FL. RESTRICTION / PAIN (RX WITH HANDS)
- 210. FL. RESTRICTION / PAIN (RX WITH BELT)
- 211. FL. WITH WALL
- 212. INT. ROT. (END RANGE) WITH HAND (HAND BACK P OCKET)
- 213. AC JOINT (ASSESSMENT)
- 214. AC JOINT RX
- 215. SC JOINT
- 216. SELF RX WITH SCAPULA ON WALL
- 217. MWM FOR INTRNAL / EXTERNAL ROT. OF SH. WITH HAND
- 218. MWM OF CERVICAL FOR INCR. ROM AT SH
- 219. MWM FOR SH IN LION

#### ELBOW

- 220. MWM MED GLIDE WITH HAND FOR FL
- 221. MWM MED GLIDE WITH HAND FOR EXTN
- 222. MWM LAT GLIDE WITH HAND FOR FL
- 223. MWM LAT GLIDE WITH HAND FOR EXTN
- 224. MWM MED GLIDE WITH BELT FOR FL
- 225. MWM MED GLIDE WITH BELT FOR EXTN
- 226. MWM LAT GLIDE WITH BELT FOR FL
- 227. MWM LAT GLIDE WITH BELT FOR EXTN
- 228. TENNIS ELBOW WITH HAND (ASSESSMENT)

- 229. TENNIS ELBOW WITH BELT
- 230. RADIAL HEAD (TENNIS ELBOW) SHIFTING WITH HAND
- 231. SELF RADIAL HEAD (TENNIS ELBOW) SHIFTING WITH HAND
- 232. SELF RX FOR TENNIS ELBOW WITH BELT
- 233. SELF RX FOR TENNIS ELBOW WITH WALL
- 234. SELF TENNIS ELBOW WITH HAND
- 235. SELF MWM ELBOW

#### FOREARM

- 236. MWM INF. RADIO ULNAR JOINT (SUPINATION)
- 237. MWM INF. RADIO ULNAR JOINT (PRONATION)
- 238. SUPERIOR RADIO-ULNAR JOINT PA (MWM) FOR SUPINATION
- 239. SUPERIOR RADIO-ULNAR JOINT AP (MWM) FOR PRONATION

#### WRIST & HAND

- 240. LAT. GLIDE TO WRIST FOR FL / EXTN.
- 241. MED. GLIDE TO WRIST FOR FL / EXTN
- 242. ROT. GLIDE TO WRIST FOR FL / EXTN / ADD / ABD
- 243. POST. GLIDE TO WRIST FOR ADD / ABD
- 244. ANT. GLIDE TO WRIST FOR ADD / ABD
- 245. WEB SPACE MWM
- 246. PIP & DIP MWM FL / EXTN/ ABD / ADD / ROT
- 247. MCP JOINTS MWM FL / EXTN/ ABD / ADD / ROT
- 248. MWM WITH WRIST WEIGHT BEARING
- 249. SELF MWM WRIST WITH WEIGHT BEARING
- 250. INTERCARPAL MWMS

#### TAPING (Mulligan Concept)

- 251. TAPING FOR OA KNEE
- 252. TAPING FOR SPRAIN
- 253. TAPING SIJ AP MWM
- 254. TAPING SIJ PA MWM
- 255. TAPING FOR TENNIS ELBOW
- 256. TAPING FOR GOLFER'S ELBOW
- 257. TAPING FOR SH
- 258. TAPING CALCANIUM
- 259. TAPING FOR WRIST
- 260. TAPING FOR FINGERS
- 261. TAPING THORACIC SPINE
- 262. TAPING LUMBAR SPINE
- 263. TAPING TA
- 264. TAPING TROCHANTER
- 265. TAPING FACIA
- 266. TAPING CALF

#### PRPS (PAIN RELEASING PHENOMENON)

- 267. PRPS FOR SH. FOR FL. (STRETCH)
- 268. PRPS FOR SH. (COMPRESSION)
- 269. PRPS FOR GOLFER'S ELBOW (CONTRACTION)
- 270. PRPS FOR GOLFER'S ELBOW (STRETCHING)

- 271. PRPS FOR FINGERS
- 272. PRPS FOR EXTN. HALLUSIS LONGUS (CONTRACTION)
- 273. PRPS FOR HIP (SHEAR)
- 274. PRPS FOR HIP (FABER)
- 275. PRPS FOR TENNIS ELBOW (CONTRACTION)
- 276. PRPS FOR TENNIS ELBOW (STRETCHING)
- 277. PRPS SCAPHOID
- 278. PRPS DEQUERVAIN
- 279. PRPS SESAMOID BONE & 1ST M TARSAL

SMWAM (FOR RADIATING PAINS IN AREMS)

- 280. SMWAM FL/ EXTN/ H. ADD/ ABD.

SMWLM (FOR RADIATING PAINS IN LEGS)

- 281. SMWLM (SCIATIC NERVE) 2 PT
- 282. SMWLM (SCIATIC NERVE) 3 PT
- 283. SMWLM (FEMORAL NERVE) 2 PT
- 284. SMWLM (FEMORAL NERVE) 3 PT

NEURODYNAMICS WITH SMWLM / SMWAM (FOR NERVES IN AREM / LEGS)

- 285. SMWLM (SCIATIC / FEMORAL NERVE) SINGLE PT
- 286. SMWLM (TIBIAL NERVE) 2 PT
- 287. SMWLM (SURAL NERVE) 2 PT
- 288. SMWLM (PERONEAL NERVE) 2 PT
- 289. SMWLM (LAT CUT. NERVE) 2 PT
- 290. SMWLM (OBTURATOR NERVE) 2 PT
- 291. SMWLM (SAPHENOUS NERVE) 3 PT
- 292. SMWAM (RADIAL N)
- 293. SMWAM (ULNAR N)
- 294. SMWAM (MED N)

NEURODYNAMICS WITH SNAGS (FOR NERVES IN AREM / LEGS)

- 295. NEURODYNAMICS SNAGS (RADIAL N)
- 296. NEURODYNAMICS SNAGS (ULNAR N)
- 297. NEURODYNAMICS SNAGS (MED N)
- 298. NEURODYNAMICS SNAGS FOR FEMORAL NERVE
- 299. NEURODYNAMICS SNAGS FOR SCIATIC NERVE
- 300. NEURODYNAMICS SNAGS FOR TIBIAL NERVE
- 301. NEURODYNAMICS SNAGS FOR SURAL NERVE
- 302. NEURODYNAMICS SNAGS FOR PERONEAL NERVE
- 303. NEURODYNAMICS SNAGS FOR LAT CUT. NERVE
- 304. NEURODYNAMICS SNAGS FOR OBTURATOR NERVE
- 305. NEURODYNAMICS SNAGS FOR SAPHENOUS NERVE

HVT (HIGH VELOCITY THRUST)

- 306. MANIPULATION (HVT) CERVICAL SPINE
- 307. MANIPULATION (HVT) LUMBAR SPINE
- 308. MANIPULATION (HVT) THORACIC SPINE

REVISION CLASS of all the above techniques

## Availability of City / dates and seats as on 5<sup>th</sup> Aug. 2012

<b>City</b>	<b>Course</b>	<b>Dates</b>	<b>Status</b>
Mumbai 126	Mulligan Concept (5 Days) Basics + Module 1 & 2 Module 3 (3 Days)	10th, 11th, 12th Aug. 17th, 18th, 19th Aug. 25th & 26th Aug. 2012	All seats full apply for waitlist only
Mangalore 127	Mulligan Concept (5 Days) Basics + Module 1 & 2 Module 3 (3 Days)	30th Aug to 2nd Sept. 22nd Sept to 25th Sept	Regd Open Only few seats left
Pune 128	Mulligan Concept (5 Days) Basics + Module 1 & 2 Module 3 (3 Days)	6th, 7th, 8th, 9th Sept 13th, 14th, 15th & 16th Sept. 2012	All seats full apply for waitlist only
Surat Gujrat 129	Mulligan Concept (5 Days) Basics + Module 1 & 2 Module 3 (3 Days)	4th, 5th, 6th, 7th Oct. 11th, 12th, 13th, 14th Oct. 2012	All seats full apply for waitlist only
Mumbai 130	Mulligan Concept (5 Days) Basics + Module 1 & 2 Module 3 (3 Days)	26th, 27th, 28th Oct. 3rd, 4th, 5th Nov. 17th & 18th Nov. 2012	All seats full apply for waitlist only
Nagpur 131	Mulligan Concept (5 Days) Basics + Module 1 & 2 Module 3 (3 Days)	1st, 2nd, 3rd, & 4th Dec. 8th, 9th, 10th & 11th Dec. 2012	Regd Open Only few seats left
Mumbai 132	Mulligan Concept (5 Days) Basics + Module 1 & 2 Module 3 (3 Days)	21st, 22nd and 23rd Dec. 28th, 29th and 30th Dec. 5th and 6th Jan 2013	Regd Open Only few seats left
<b><i>New fee: Rs. 16000/- w.e.f. 1st Oct. 2012      Applicable for the courses to      be held in 2013</i></b>			
Bangalore 133	Mulligan Concept (5 Days) Basics + Module 1 & 2 Module 3 (3 Days)	27th to 30th Jan. 2013 9th to 12th Feb. 2013	Regd Open Only few seats left
Chennai 137	Mulligan Concept (5 Days) Basics + Module 1 & 2 Module 3 (3 Days)	3rd May to 6th May 2013 25th May to 28th May 2013	Regd Open Apply now to get confirm seat.
Delhi 138	Mulligan Concept (5 Days) Basics + Module 1 & 2 Module 3 (3 Days)	29th June to 10th July 2013 (8 days stretched to 12 days)	Regd Open Apply now to get confirm seat.