



**8 days**  
**Hands on Workshop on**  
**Mulligan Concept**  
**By**  
**Dr. Deepak Kumar**

**Conducted by:**

***Capri Institute of Manual Therapy***

**179, Jagriti Enclave, Karkardooma, Vikas Marg  
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**If you want to be  
the best,  
Learn from the  
BEST**



# 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.

## About the Workshop

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 10 years we have trained more than 8000 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! Our 8 days hands-on workshop combines the Introduction & Basics of The Mulligan concept with Part 1, 2 & 3 of the same. The idea behind combining modules 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 apply for CMP examination. After qualifying this CMP exam he / she will receive an additional certificate of the **“Certified Mulligan Practitioner (CMP)”**.

# 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 54 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 Asia & the certificates issued by him will be recognized with equal weightage all over the world.

He completed his doctorate (Ph.D.) in Mulligan Concept, he is a postgraduate in Sports Medicine & Physiotherapy from Guru Nanak Dev University (GNDU), & has completed his graduation from National Institute of Rehabilitation Training & Research (NIRTAR). 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.

- 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)

**ASIA'S FIRST MULLIGAN CONCEPT TEACHER !!**



**“THOSE  
WHO  
DREAM  
THE  
MOST,  
DO THE  
MOST”**

## **DR. DEEPAK KUMAR**

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

B.P.T. (NIRTAR), M.S.P.T. (GNLU), 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 8000 students (in last 10 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). Administering 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 and a webinar in 2014. Organized more than 190 CME / workshops / conferences including International Conf. on Manual Therapy INTERCOMAT2005 at Dehradun & INTERCOMAT2006 at Delhi.

**“EITHER  
YOU  
MODIFY  
YOUR  
DREAMS,  
OR  
MAGNIFY  
YOUR  
SKILLS”**

# Details of 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.).
- Venue: -** Will be informed personally to regd. Delegates only.
- Fee: -** Rs. 16,000/- For 8 Days
- Fee inclusive of: -** Tuition fee, Certificate of 64 Credit hours for 8 days with transcript; Study material with Photos in CD; 6th edn. Mulligan Book worth 45 USD; Lunch; 2 Diff. Treatment belts worth 30 USD, 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 with minimum qualification like: Final year / Intern / DPT/BPT. 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 in a stimulating learning environment regardless of previous clinical experience and knowledge.
- To reserve seat: -** Please deposit the following:
- A)** Registration fee of Rs. 5000/- (Deposit remaining 11000/- as advised after regd.)
  - B)** Online Application form along with recent coloured passport size photograph (Upload it) and scanned copy of any of your document like degree / diploma / marksheets / I –Card (upload any one).

**Note: Please fill your online application form only after depositing regd. fee in our bank account & upload your photo & certificate at the time of filling the online application form.**

**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).

**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 of 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.**

**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, as we will not be able to trace it without the transaction ID.**

**After depositing fee in bank:-** Please submit online application form at [www.capri4physio.com](http://www.capri4physio.com) and upload scanned passport size colored photo & required documents like degree / diploma / marksheets / I –Card (any one).

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.

**Learning Outcomes: -** All participants will gain an understanding of Mulligan's concept of mobilization with Movement. The participant 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 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 and a Mulligan NAGs & SNAGs Mobilization Strap. 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 AM on 1st day.

**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 1st day of the workshop.

New dates for 2014 are already available on the website [www.capri4physio.com](http://www.capri4physio.com). Please keep yourself updated. For more details, you may visit our web site or

call us between 8AM to 8PM at our cell no +91 9312430264, 9560165341, 9810265641

**Wish you a very bright & successful career!**

# Syllabus

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

Basics & Principle of Mulligan concept

## CERVICAL SPINE

- NAGs
- UNI. NAGs
- NAGs & UNI. NAGs WITH TRACTION
- REVERSE NAGs
- UNI. REVERSE NAGs
- SNAGs
- UNI. SNAGs
- FL. SNAGs
- EXTN. SNAGs
- ROT. SNAGs
- SF. SNAGs
- FIST TRACTION
- ICT (M)
- TRACTION WITH BELT
- ASSESSMENT FOR HEADACHE
- HEADACHE SNAGs WITHOUT HEADACHE
- VERTIGO SNAGs
- HEADACHE SNAGs (WITH HEADACHE)
- R. HEADACHE SNAGs (WITH HEADACHE)
- SELF. SNAGs (lower Cx spine)
- SELF SNAGs Vertigo
- SELF HEADACHE SNAGs (WITH HEADACHE)
- SELF R. HEADACHE SNAGs (WITH HEADACHE)

- SELF HEADACHE SNAGs WITHOUT HEADACHE
- MWM (NECK)
- WRY NECK
- SUPINE LYING WITH HEAD ON BOOK FOR HEADACHE

## THORACIC SPINE

- SNAGS FL.
- SNAGS EXTN.
- SNAGS SF.
- SNAGS ROT.
- SELF SNAGs FL / EXTN./ SF./ ROT.
- TRACTION WITH BELT
- MWM FOR RIBS FL.
- MWM FOR RIBS SF.
- MWM FOR RIBS EXTN.
- MWM FOR RIBS ROT.
- Pump Handle MWMs for Ribs
- MWMs Costochondral & Costovertebral Joints
- MWM FOR R1

## LUMBAR SPINE

- Traction with belt
- SNAGS FL.
- SNAGS EXTN
- SNAGS SF
- SNAGS ROT
- SELF SNAGs FL/ SF/ ROT/ EXTN
- ALL SNAGs IN SITTING / STANDING/ WALKING
- LION
- LION + SNAGs
- LIONS WITH SELF SNAG

- BLR
- SELF BLR
- PASSIVE REPEATED EXTN.(PRE)
- P.R.E. + SNAGs
- GATE
- SELF GATE
- STRETCH SLR
- COMP. SLR

### **SACROILIAC JOINT**

- SIJ POSTERO-MEDIAL MWM (SITTING / STANDING)
- SIJ POSTERO-MEDIAL MWM (PRONE LYING)
- SIJ POSTERO-MEDIAL MWM (WALKING)
- SIJ ANTERO-LATRAL MWM (SITTING)
- SIJ ANTERO-LATRAL MWM (PRONE LYING)
- SELF MWM FOR PASSIVE REPEATED EXTN.
- SELF MWM FOR FLEXION.
- MWM FOR UP SLOP
- MWM FOR DOWN SLOP
- MWM FOR ANT / POST TILT
- MORE MWM FOR SI JOINT (NU / COUNTER NU)

### **HIP JOINT**

- HIP FL. (SUPINE)
- HIP ROT. MED/ LAT (SUPINE)
- HIP EXTN. (SUPINE)

- HIP FABER MWM (SUPINE)
- HIP ABD. (WEIGHT BEARING)
- HIP EXTN. (WEIGHT BEARING)
- HIP FL. (WEIGHT BEARING)
- HIP ROT MED / LAT (WEIGHT BEARING)
- MWM FOR QUARDS SHORTENING
- MWM FOR ADDUCTOR SHORTENING

### **KNEE JOINT**

- MED MWM FOR EXTN. WITH HANDS
- LAT MWM FOR EXTN. WITH HANDS
- MED MWM FOR FL. WITH HANDS
- LAT MWM FOR FL. WITH HANDS
- MED MWM FOR EXTN. WITH BELT
- LAT MWM FOR EXTN. WITH BELT
- MED MWM FOR FL. WITH BELT
- LAT MWM FOR FL. WITH BELT
- ROT MWM MED/ LAT
- AP MWM FOR TERMINAL FL.
- SQUEEZ TECH
- SELF MWM MED/ LAT/ ROT
- SUPERIOR TIBIOFIBULAR JOINT MWM
- MWM FOR STAIRS / SIT TO STAND / WALKING

### **FOOT & ANKLE JOINT**

- POST MWM FOR D. FL. WITH BELT IN SUPINE LYING
- POST MWM FOR D. FL. WITH HAND

- POST MWM FOR D. FL. WITH BELT
- ANT. FOR PLANTAR FL.
- INFERIOR TIBIOFIBULAR (SPRAIN?)
- MWM ANKLE SPRAIN WT. BEARING
- WEB SPACE MWM
- FINGERS MWM FL./ EXTN/ ROT. / ABD/ ADD.
- ANKLE ROKING
- INTERTARSAL MWMS

### **SHOULDER**

- TRACTION WITH BELT
- DISTRACTION
- MWM FOR FL. IN SUPINE WITH BELT
- INT. ROT. (BELT)
- EXTN. ROT (BELT)
- FL. RESTRICTION / PAIN (RX WITH HANDS)
- FL. RESTRICTION / PAIN (RX WITH BELT)
- FL. WITH WALL
- INT. ROT. (END RANGE) WITH HAND (HAND BACK POCKET)
- AC JOINT (ASSESSMENT)
- AC JOINT RX
- SC JOINT
- SELF RX WITH SCAPULA ON WALL
- MWM FOR INTERNAL / EXTERNAL ROT. OF SH. WITH HAND
- MWM OF CERVICAL FOR INCR. ROM AT SH
- MWM FOR SH IN LION

### **ELBOW**

- MWM MED GLIDE WITH HAND FOR FL
- MWM MED GLIDE WITH HAND FOR EXTN
- MWM LAT GLIDE WITH HAND FOR FL
- MWM LAT GLIDE WITH HAND FOR EXTN
- MWM MED GLIDE WITH BELT FOR FL
- MWM MED GLIDE WITH BELT FOR EXTN
- MWM LAT GLIDE WITH BELT FOR FL
- MWM LAT GLIDE WITH BELT FOR EXTN
- TENNIS ELBOW WITH HAND (ASSESSMENT)
- TENNIS ELBOW WITH BELT
- RADIAL HEAD (TENNIS ELBOW) SHIFTING WITH HAND
- SELF RADIAL HEAD (TENNIS ELBOW) SHIFTING WITH HAND
- SELF RX FOR TENNIS ELBOW WITH BELT
- SELF RX FOR TENNIS ELBOW WITH WALL
- SELF TENNIS ELBOW WITH HAND
- SELF MWM ELBOW

### **FOREARM**

- MWM INF. RADIO ULNAR JOINT (SUPINATION)
- MWM INF. RADIO ULNAR JOINT (PRONATION)
- SUPERIOR RADIO-ULNAR JOINT PA (MWM) FOR SUPINATION
- SUPERIOR RADIO-ULNAR JOINT AP (MWM) FOR PRONATION

## **WRIST & HAND**

- LAT. GLIDE TO WRIST FOR FL / EXTN.
- MED. GLIDE TO WRIST FOR FL / EXTN
- ROT. GLIDE TO WRIST FOR FL / EXTN / ADD / ABD
- POST. GLIDE TO WRIST FOR ADD / ABD
- ANT. GLIDE TO WRIST FOR ADD / ABD
- WEB SPACE MWM
- PIP & DIP MWM FL / EXTN/ ABD / ADD / ROT
- MCP JOINTS MWM FL / EXTN/ ABD / ADD / ROT
- MWM WITH WRIST WEIGHT BEARING
- SELF MWM WRIST WITH WEIGHT BEARING
- INTERCARPAL MWMS

## **TAPING (Mulligan Concept)**

- TAPING FOR OA KNEE
- TAPING FOR SPRAIN
- TAPING SIJ AP MWM
- TAPING SIJ PA MWM
- TAPING FOR TENNIS ELBOW
- TAPING FOR GOLFER'S ELBOW
- TAPING FOR SH
- TAPING TROCHANTER
- TAPING FASCIA
- TAPING CALF

- TAPING CALCANEUM
- TAPING FOR WRIST
- TAPING FOR FINGERS
- TAPING THORACIC SPINE
- TAPING LUMBAR SPINE
- TAPING TA

## **PRPS (PAIN RELEASING PHENOMENON)**

- PRPS FOR SH. FOR FL. (STRETCH)
- PRPS FOR SH. (COMPRESSION)
- PRPS FOR GOLFER'S ELBOW (CONTRACTION)
- PRPS FOR GOLFER'S ELBOW (STRETCHING)
- PRPS FOR FINGERS
- PRPS FOR EXTN. HALLUCIS LONGUS (CONTRACTION)
- PRPS FOR HIP (SHEAR)
- PRPS FOR HIP (FABER)
- PRPS FOR TENNIS ELBOW (CONTRACTION)
- PRPS FOR TENNIS ELBOW (STRETCHING)
- PRPS SCAPHOID
- PRPS DEQUERVAIN
- PRPS SESAMOID BONE & 1ST M. TARSAL

**NEURODYNAMICS WITH SMWLM /  
SMWAM (FOR NERVES IN ARM / LEG)**

- SMWLM (SCIATIC / FEMORAL NERVE)  
SINGLE PT
- SMWLM (TIBIAL NERVE) 2 PT
- SMWLM (SURAL NERVE) 2 PT
- SMWLM (PERONEAL NERVE) 2 PT
- SMWLM (LAT CUT. NERVE) 2 PT
- SMWLM (OBTURATOR NERVE) 2 PT
- SMWLM (SAPHENOUS NERVE) 3 PT
- SMWAM (RADIAL N)
- SMWAM (ULNAR N)
- SMWAM (MED N)

**SMWAM (FOR RADIATING PAINS IN ARMS)**

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

**SMWLM (FOR RADIATING PAIN IN LEGS)**

- SMWLM (SCIATIC NERVE) 2 PT
- SMWLM (SCIATIC NERVE) 3 PT
- SMWLM (FEMORAL NERVE) 2 PT
- SMWLM (FEMORAL NERVE) 3 PT

**NEURODYNAMICS WITH SNAGS (FOR  
NERVES IN ARM / LEG)**

- NEURODYNAMICS SNAGS (RADIAL N)
- NEURODYNAMICS SNAGS (ULNAR N)
- NEURODYNAMICS SNAGS (MED N)
- NEURODYNAMICS SNAGS FOR FEMORAL  
NERVE
- NEURODYNAMICS SNAGS FOR SCIATIC  
NERVE
- NEURODYNAMICS SNAGS FOR TIBIAL  
NERVE
- NEURODYNAMICS SNAGS FOR SURAL  
NERVE
- NEURODYNAMICS SNAGS FOR PERONEAL  
NERVE
- NEURODYNAMICS SNAGS FOR LAT CUT.  
NERVE
- NEURODYNAMICS SNAGS FOR  
OBTURATOR NERVE
- NEURODYNAMICS SNAGS FOR  
SAPHENOUS NERVE

**REVISION CLASS of all the above techniques**

# Time-Table

|                   | 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<br>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-dyanmic 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 Graduated 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 taping. I have gone through and understood the above mentioned terms and conditions and agree to abide by it. .

Signature of Applicant  
With Name, Date & Place.