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Above: Nags and Snags in a form of manual therapy performed by physiotherapists in order to increase the range of movement around a joint. How do NAGs and SNAGs help? NAGs are used to create pain free range of movement by repeated mobilisations of the joint within pain free range.

Nags And Snags - Manual Therapy - Physiotherapy

"The Mulligan concept: NAGS, SNAGS and mobilizations with movement." Journal of bodywork and movement therapies 5.2 (2001): 81-89. Journal of bodywork and movement therapies 5.2 (2001): 81-89. 5.0 5.1 Manual therapy NAGS,SNAGS,MWMS,etc by Brian R.Mulligan, 6th edition, 2010.

Mulligan Concept - Physiopedia

Mobilization with Movement manual therapy techniques were discovered and developed by Brian Mulligan F.N.Z.S.P. (Hon), Dip. M.T., Wellington, New Zealand. This simple yet effective manual approach addresses musculoskeletal disorders with pain free manual joint repositioning techniques for restoration of function and abolition of pain.

A Home Page - Mulligan Concept

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Manual Therapy: NAGS, SNAGS, MWMS | Brian Mulligan | OPTP

This new 6th edition text contains new & revised information including Mobilisations with Movement (MWMs) for the shoulder girdle. When applied correctly, they can significantly reduce joint pain and increase movement.

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