



## THE MOBILIZATION WITH MOVEMENT CONCEPT UPPER QUARTER

### Spinal and Peripheral Manual Therapy Treatment Techniques For Upper Quarter

#### **COURSE DESCRIPTION**

This two-day course will present the Mobilization with Movement approach to manual therapy for the Cervical and Thoracic spine as well as for the upper extremity. It will include lecture, patient demonstrations, and lab time to give the participants a thorough and in depth coverage of the Mobilization With Movement approach for the upper quarter. This unique approach to manual therapy was discovered and developed by Brian Mulligan F.N.Z.S.P. (Hon), Dip. M.T. from 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.

#### **INSTRUCTOR**

**Eric M. Dinkins, PT, MS, OCS, Cert. MT, CMP, MCTA**

Eric graduated with from the Physical Therapy Program at the University of Colorado Health Sciences Center in 2001. He has worked with the Mulligan Concept Teachers Association on courses since 2007. He received full accreditation as an instructor in the Mulligan Concept Teachers Association in 2014. He received a post-graduate Certificate in Manipulative Therapy in 2003. Currently, he is on the teaching staff of Select Medical Corporation, Northeast Seminars, and Herman and Wallace. Eric received his Board Certification in Orthopedics in 2013.

**Publications:** "Management of symptoms of Restless Legs Syndrome with use of a traction straight leg raise: A preliminary case series." *Manual Therapy*. August 2013. Volume 18, Issue 4, Pages 299–302.

#### **LEARNING OUTCOMES**

- Understand the guidelines for safe and effective technique selection
- Provide a thorough and in depth instruction and practice of the MWM techniques for the upper quarter
- Develop the knowledge and manual skills to successfully apply and integrate the MWM techniques
- Integrate taping techniques with Mobilization with Movement
- Develop an understanding of potential mechanisms involved in Mobilization with Movement including current concepts in physical rehabilitation
- Improve clinical outcomes through clinical reasoning using Mobilization with Movement

#### **COURSE OUTLINE**

**Two Day Course 8:00AM – 4:00PM (13 hours)**

**Instruction in the MWM concept with lecture, demonstration and lab practice**

**Hand:** IP, MCP, Metacarpals, Carpals, and taping techniques

**Wrist:** MWMs for flexion, extension, supination, pronation, and taping

**Elbow:** flexion, extension, proximal radioulnar jt, tennis elbow treatments, HEP

**Shoulder:** manual and belt MWMs for elevation, IR, ER, functional activities, HEP

**Acromioclavicular jt:** MWMs, and taping

**Cervical:** NAGs, Reverse NAGs, SNAGs for flexion, extension, rotation, SB, HEP

techniques, traction techniques, Positional SNAGs, Spinal Mobilizations with Arm Movements

**Headache/Upper Cervical assessment and treatment techniques**

**Ribs:** MWMs for ribs 1-12

**Thoracic:** SNAGs for rotation, flexion, SB, extension

#### **COURSE REQUIREMENTS**

- Wear loose, comfortable lab clothes.
- Bring mobilization belts (9' tubular nylon belts at course for \$25, mobilization pads (3 pack for \$20), Manual Therapy NAGS, SNAGS, and MWMs, etc 6<sup>th</sup> Edition (\$40 at course)

#### **REQUIRED READING**

Manual Therapy, "NAGS", "SNAGS", "MWMs", etc., 6<sup>th</sup> ed. Brian Mulligan

#### **QUESTIONS? Contact:**

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Eric M. Dinkins, PT, MSPT, OCS, Cert.MT, CMP, MCTA, CCI

Eric is a graduate from the University of Colorado Health Sciences Center Physical Therapy program and has been practicing since 2001. He is a Board Certified Specialist in Orthopedics through the American Physical Therapy Association and has a post-graduate diploma in Manipulative Therapy. He is a credentialed instructor with the Mulligan Concept Teachers Association, and is on the teaching faculty for Select Medical, Northeast Seminars, Herman and Wallace, and Motion Guidance LLC. Eric's is part of the ownership team of Motion Guidance, LLC, a rehabilitation company that developed visual feedback tools for assessing and treating clients. His specific interests are in maximizing a client's performance and experience through movement. Eric has an extensive sports medicine background, has worked closely with physicians from the Steadman-Hawkins Clinic in Denver, and has treated athletes from youth, to Olympic, and professional levels. He is a published author and was a key-note speaker at the International Mulligan Conference in 2009. He lives in Castle Rock, CO and when not in practice or traveling, he enjoys spending time with his family, mountain biking, and playing guitar.