

## **Brian Mulligan, FNZSP (Hon.), Dip MT**

Qualified NZ School of Physiotherapy 1954  
Member of the NZ Society of Physiotherapists since 1954  
Made an Honorary Fellow of The New Zealand Society of Physiotherapists in 1996 for his services to the profession.  
Member of NZMTA since 1974  
Honoured with Life Membership of NZMTA 1988  
Honoured with Life Membership of the College of Physiotherapy 1999  
Honoured by AAOMPT who made him a fellow 2004  
Honoured by World Confederation of Physical Therapy 2007 for his international services to Physical Therapy  
Member of NZPPA since its inception

Awarded the Ball Dynamics Award for Excellence in a Published Case Study 1997 for his article entitled "Mobilisations with Movement (MWMS) for the Hip Joint to Restore Internal Rotation and Flexion" . Published in 'The Journal of Manual & Manipulative Therapy, Volume 4, No. 1 (1996)  
Diploma Manipulative Therapy 1974

Teaching Fellow Curtin University, Perth, 1991

1955 Staff Physiotherapist Wellington Public Hospital  
1956-2002 Private Practice Wellington  
1955-1967 Committee member Wellington Branch NZSP during which time was Secretary for two years and Branch President two years.  
Conference chairman NZSP's Biennial National Conference in Wellington 1966  
State Examiner for eight years in the 1960s and 1970s.  
WCPT NZ representative for four years and NZ delegate at 1970 WCPT Congress in Amsterdam  
Represented NZ at founding meeting of IFOMT set up by S V Paris in Amsterdam in 1970  
NZMTA representative IFOMT Vail 1977 and Sweden 1982  
Journal Committee for three years in the 1960s and Salaries Committee for three years in the 1970s.  
Member of Finance Committee of NZ Society of Physiotherapists. Appointed in 1982 Chairman for four years. Resigned 1999  
Has sat on various sub-committees of the Society through the years.  
Together with J C Cameron and R A McKenzie established The New Zealand Manipulative Therapists' Assn in 1968  
Director of Education for the NZMTA for five years in the 1980s  
Introduced and taught manual therapy for the extremity joints in 1970 after attending a F Kaltenborn course for the extremities in Helsinki in 1970. Attended Kaltenborn courses in Quebec 1974 and Vail 1977 to keep up to date with changes. Was responsible for teaching the extremity section of the NZMTA programme from 1974 until 1986.

Attended one week course on headaches in Stockholm 1982  
Keynote Speaker WCPT Private Practitioners' Conference, Hong Kong 1993.  
Presented five papers IFOMT World Conference, Vail 1993 on his own techniques  
Presented papers IFOMT World Conference, Stockholm 1982 and Cambridge 1991  
Presented paper MPAA 7th Biennial Conference Blue Mountains 1991  
Keynote speaker National Conference of Hospital Visiting Physiotherapists, Lower Hutt 1991  
Keynote speaker NZ Sports Medicine Conference on Ballet Injuries, Napier 1990  
Copious workshops etc. NZMPA National Conferences  
Presented at the WCPT Private Practitioners Conference, Eastbourne UK 2001  
Presented 4 workshops (750 participants in each) at APTA National Conference, California 2001  
Ran courses for Hawaiian Chapter of APTA annual conferences 2003/4/5/6  
Keynote speaker American Academy of OMT, Kentucky 2004.  
Keynote speaker 2<sup>nd</sup> International Conference on Manual Therapy New Delhi, India October 2006.  
Conducted annually, weekend post grad courses throughout NZ until 2003 when the teaching was taken over by his accredited N Z teachers .  
International Lecturer and Teacher in Manual Therapy since 1972. Has conducted more than 300 courses internationally . The nations include Great Britain, Australia, USA, Canada, The Netherlands, Switzerland, Germany, India, Malta and Ireland, Sweden.  
The world wide interest in, and demand for courses in his new field of combining mobilisation with movement was such that he could not keep up with the demand and this resulted in the formation of an international group in 1995 to accredit teachers of the techniques. This was set up in the UK at the request of German, Dutch, Canadian and British Manual Therapists. The group is called the "Mulligan Concept Teachers Assn" (MCTA) and has currently 40 members from 10 nations.  
Mulligan teachers meet every two years where what is being taught is scrutinised and new material is disseminated.

His book "Manual Therapy, 'NAGS' 'SNAGS' etc." was produced in 1989. It is now in its 5<sup>th</sup> edition and has been translated into many languages.

His book "Self Treatments for the Back, Neck and Limbs" was produced in 2003 and is now in its 2nd edition

His video "Manual Therapy NAGS etc. " was produced in 1990 and his second video "Mobilisations with Movement" was produced in 1992.

Because of further developments in his field of mobilisations with movement with regard to the spine two new spinal videos were produced in May 1997. Each is of 90 minutes duration. One deals with the Cervical Spine and the other with the Lumbar and Thoracic Spines.

His many articles on manual therapy have appeared in publications throughout the world. Some of these are:

"The Acute Wry Neck", The N Z Journal of Physiotherapy, May 1957

"Plantar Fasciitis?" A Study Report: N Z Journal of Physiotherapy, Nov 1973

"The Painful Stiff Shoulder" The N Z Journal of Physiotherapy, July 1974

“SNAGS” Published Papers IFOMT Congress 1988

“Mobilisations with Movement” The Journal of Manual and Manipulative Therapy, +Fall 1993

“Spinal Mobilisations with Arm Movement” The Journal of Manipulative and Manual Therapy. 1994

Articles in “Modern Manual Therapy” 1991 and 1995

“Spinal Mobilisations with Leg Movement” The Journal of Manipulative and Manual Therapy” 1995

“The painful dysfunctional shoulder. A new treatment approach using ‘Mobilisation with Movement.’” New Zealand Journal of Physiotherapy. November 2003.

His techniques are now taught as part the syllabus on the Post Graduate Diploma Courses in Manual Therapy and Sports’ Medicine at Curtin University, Perth, Australia and many of his techniques are now finding their way into the under and post graduate programmes in Universities throughout the world where faculty members have the credentials to teach.

The first scientific paper acknowledging the effectiveness of his techniques was published on ‘Tennis elbow’ in “Manual Therapy’ (1997) 2/3, 132-143.

Since then more and more articles supporting the Mulligan concepts have been published

#### **Evidence based practice.**

The MCTA now believes that with the recent publications our treatment approach for the sprained ankle is now evidence based as is our treatment approach for chronic Tennis Elbow (longer than 6 weeks).

**Justification for the ankle** would be the following articles

Kavanagh J, Is there a positional fault and the inferior tibiofibular joint in patients with acute or chronic ankle sprains. Compared with normals? *Manual Therapy* 1999;4:19-24

Hubbard T, Fibular Position in Individuals With Self-Reported Chronic Ankle Instability. *Journal of Ortho & Sports Physical Therapy* 2006; 36/1:3-9 (Jan)

Moiler K (Hall T, Robinson K) The Role of Fibular tape in The Prevention of Ankle Injury in Basketball: A pilot Study. *Journal of Ortho & Sports Physical Therapy* 2006;36/9:661-668 (Sept)

PLUS published case studies by O’Brien, Vicenzino etc. etc.

#### **Justifaction for Tennis Elbow**

L Bisset,Bill Vicenzino et al. *BMJ Sept 06* Mobilisations with movement and exercise, cortocosteroid injection, or wait and see for tennis elbow: randomised trial.

The impact that Mulligan approach has made on the PT profession was highlighted when in the USA , as the result of a poll of APTA members he was one of “The seven most influential Persons in Orthopaedic Manual Therapy”.

In 1999 and 2000 he donated his services and ran three fund raising courses for the Society to promote activities like research.

To promote research all Mulligan courses in the world have a levy for research included in their fee structure.