



Introducing The Mulligan Concept

A New, Progressive Manual Therapy Approach Available at Enfield Health & Wellness Center

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143 Hazard Avenue
Enfield, CT 06082

www.EnfieldHealth.com

One-to-One Treatment always with a licensed professional

Your Therapy Team

Melissa Doten, MPT, LMT,
Director of Physical Therapy
Priscilla Kowal, MPT, COTA/L
Jennifer Meier, MPT, CLT
Kevin Sadowski, DC, Cert MDT
Shawn Breen, PTA
Jennifer Cavanaugh, PTA

3,000 square foot facility with private treatment rooms

Providing Physical Therapy for:

Orthopedic Complaints
Post Surgical Rehab
Work Injuries
Auto Injuries
Back Pain
Neck Pain
Vertigo / Vestibular Rehab
Lymphedema
Post Surgical Rehab
Headaches

Functional Capacity Evaluations

Specially Certified In:

McKenzie Technique
Lymphedema Management
Vestibular Therapy
Graston Technique
Mulligan Technique
Functional Capacity Evaluations

Payment

Accepting Medicare and most major insurance. Letters of protection accepted.

The physical therapists of Enfield Health & Wellness Center practice a relatively new manual therapy so effective that authors describing its physiology have referred to its results as the **“Pain Release Phenomenon.”** First described in the literature by Brian Mulligan in 1992,¹ an admirable body of research now attests to its effectiveness.²⁻¹⁵ The Mulligan Technique, sometimes titled Mobilization With Movement, delivers **immediate relief and recovery from local musculoskeletal pathology of mechanical origin.** Using the Mulligan Technique, Enfield Health & Wellness Center often achieves complete relief and return to function in just a few visits. This technique frequently proves effective even after other pain relief modalities, strengthening, and stretching have failed. The Mulligan Technique works for both spinal and extremity joints experiencing localized loss of mobility and/or pain associated with function.



Mulligan Technique

Immediate pain relief and improved motion for:

- ▶ Mechanical Joint Dysfunction
- ▶ Localized Loss of Mobility
- ▶ Localized Pain Associated with Movement
- ▶ Localized Pain from a Specific Activity
- ▶ Positional Fault in a Joint
- ▶ Inappropriate Joint Tracking

Developed by renowned New Zealand Physiotherapist Brian Mulligan, the Mulligan Concept has continued to evolve over 25 years of clinical practice, with the technique now being taught worldwide. The Mulligan Concept differs from conventional manipulative therapy in that it involves the application of sustained accessory glide to a joint, combined with the *active*, previously painful movement. Patients respond remarkably well with MWMs, as the movements are *only* conducted if symptoms are abolished with an appropriate mobilizing force, applied by a skilled clinician. *Any* pain experienced with movement is an absolute contraindication for MWMs, which makes for efficient assessment of whether a specific technique can be utilized. Application of this sustained, passive accessory joint mobilization (parallel or perpendicular to the joint plane), requires essential knowledge of joint arthrology, a well-developed sense of tissue tension and handling skills, and clinical reasoning to investigate combinations of parallel, perpendicular, or rotational glides to find the correct treatment plane. With correct repositioning, movement can be restored pain-free. Movement is then performed actively by your patient in repetition to ensure a long-lasting effect. Patients are then commonly instructed on appropriate self-MWMs as home exercise programs. Taping techniques can also be administered to maintain this ‘corrected’ position. In addition, these techniques are extremely effective when combined with active muscular strengthening, endurance and facilitation-type exercise, depending on the patient’s optimal rehabilitation goals.

The Mulligan Concept has helped therapists progress the recovery of many conditions including:

- Low Back Pain
- Epicondylalgia / Elbow Dysfunction
- Shoulder Impairments
- Tenosynovitis
- Traumatic Finger Injuries
- Cervical Radiculopathy
- Wrist Pain
- Limited / Painful SLR
- Ankle Sprains, Subacute
- Cervical Headaches
- Locked Facet Joints
- Plantar Fasciitis

Please refer your patients to Enfield Health & Wellness Center

Doctor Recommended, Patient Preferred

References

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