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NAGs mobilise joints mid way through range of movement whilst SNAGs mobilise joints to the end of their range of movement. SNAGs are a form of MWMS. 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?

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"Manual Therapy "NAGS", "SNAGS", "MWMS", etc' (2003) for Physiotherapists. 'Self Treatment for the Back, Neck and Limbs' for Public. Description. NAGS- Natural Apophyseal Glides. SNAGS - Sustained Natural Apophyseal Glides. MWMS- Mobilization with Movements.

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This simple yet effective manual approach addresses musculoskeletal disorders with pain free manual joint "repositioning" techniques for restoration of function and abolition of pain. Explore our Official International website to find more about the Mulligan Concept. Mulligan Concept Newsletter

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The Mulligan Concept utilizes NAGS (Natural Apophyseal Glides), SNAGS (Sustained Natural Apophy-

seal Glides) and MWMS (Mobilisations with Movement) to treat a myriad of musculoskeletal conditions. Written by one of the world's foremost experts of manual therapy, Brian Mulligan.

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In the spine, he promotes the use of natural apophyseal glides (NAGS) and sustained natural apophyseal glides (SNAGS). He received the prestigious International Service to The Profession Award from the WCPT and has been an international lecturer in manual therapy since 1972.

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Manual therapy treatments. In 1991, Brian Mulligan, a New Zealand physiotherapist, introduced a physical therapy treatment for cervicogenic dizziness called Sustained Natural Apophyseal Glides (SNAGs) . Although this treatment is used clinically and is accepted in the Physiotherapy profession, there has been very little research to evaluate its efficacy for cervicogenic dizziness.

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