

Mulligan Practitioner :: Rx Box® Reference

-- Title List --

CERVICAL PROCEDURES

A001 NAG's
A002 Reverse NAG's
A003 Cervical Extension SNAG
A004 Cervical Auto-Assisted Extension SNAG
A005 Cervical Flexion SNAG
A006 Cervical Flexion Positional SNAG
A007 Cervical Rotation SNAG
A008 Cervical Rotation Positional SNAG
A009 Cervical Auto-Assisted Rotation SNAG
A010 Cervical Side Bend SNAG
A011 Cervical Quadrant SNAG
A012 Cervical Quadrant Positional SNAG
A013 Shoulder Movement: SMWAM
A014 Cervical Fist Traction
A015 Cervical Belt Traction
A016 Acute Wry Neck Protocol
A017 Shoulder Painful Arc Positional SNAG
A018 Tennis Elbow Positional SNAG
A019 Golfer's Elbow Positional SNAG
A020 de Quervain's Tenosynovitis Positional SNAG

HEADACHE PROCEDURES

B021 Headache SNAG
B022 Auto-Assisted Headache SNAG
B023 Reverse Headache SNAG
B024 Forearm Traction
B025 Test for C1/2 Rotation
B026 Cervical 1/2 Rotation SNAG
B027 Cervical 1/2 Auto-Assisted Rotation SNAG

NAUSEA & VERTIGO PROCEDURES

C028 Cervical 2 Extension SNAG
C029 Cervical 1 Rotation SNAG

TEMPORAL MANDIBULAR PROCEDURES

D030 Temporal Mandibular Opening MWM
D031 Temporal Mandibular Closing MWM
D032 Temporal Mandibular Lateral Deviation MWM

THORACIC PROCEDURES

E033 Thoracic Rotation SNAG
E034 Thoracic Extension SNAG
E035 Thoracic Belt Traction

RIB CAGE PROCEDURES

F036 Rib Cage Trunk Rotation MWM
F037 Rib Cage Trunk Side Bend MWM
F038 Rib Cage Anterior Chest Wall Pain MWM
F039 Rib Cage First Rib MWM

LUMBAR PROCEDURES

G040 Lumbar Flexion SNAG: Sitting
G041 Lumbar Flexion SNAG: Standing
G042 Lumbar Auto-Assisted Flexion SNAG
G043 Lumbar Extension SNAG: Sitting
G044 Lumbar Extension SNAG: Prone
G045 Lumbar Auto-Assisted Extension SNAG
G046 Lumbar Side Bending SNAG
G047 Lumbar Rotation SNAG
G048 Lion Stretch SNAG
G049 Slump Position SNAG
G050 Hip Flexion SMWLM: Side Lying
G051 Hip Flexion SMWLM: Prone Lying
G052 Hip Extension SMWLM

RESTRICTED STRAIGHT LEG RAISE PROCEDURES

H053 Straight Leg Raise With Traction
H054 Straight Leg Raise With Compression
H055 Bent Leg Raise
H056 Gate Technique

SACRO-ILLIAC PROCEDURES

I057 Anterior Innominate Extension in Lying MWM
I058 Posterior Innominate Extension in Lying MWM
I059 Anterior Innominate Flexion in Standing MWM
I060 Posterior Innominate Side Bending in Standing MWM

HIP PROCEDURES

J061 Hip Internal Rotation MWM: Open Kinetic Chain
J062 Hip Internal Rotation MWM: Closed Kinetic Chain
J063 Hip External Rotation MWM: Faber Position
J064 Hip Flexion MWM
J065 Hip Flexion / Adduction MWM
J066 Hip Extension MWM: Open Kinetic Chain
J067 Hip Extension MWM: Closed Kinetic Chain
J068 Hip Abduction MWM: Closed Kinetic Chain
J069 Hip Flexion / Adduction PRP
J070 Hip External Rotation Faber Position Stretch PRP
J071 Hip External Rotation Faber Position Contraction PRP
J072 Hip Flexion SMWLM
J073 Hip Extension SMWLM

KNEE PROCEDURES

K074 Knee Flexion MWM: Rotation in Open Chain
K075 Knee Flexion MWM: Rotation in Closed Chain
K076 Knee Flexion MWM: Side Glide with Belt Assistance
K077 Knee Flexion MWM: Posterior Glide
K078 Knee Flexion MWM: Superior Tib-Fib in Closed Kinetic Chain
K079 Knee Extension MWM: Rotation
K080 Knee Extension MWM: Side Glide in Open Chain
K081 Knee Extension MWM: Side Glide in Closed Chain
K082 Knee Extension MWM: Sup. Tib-Fib in Open Chain
K083 Knee Extension MWM: Sup. Tib-Fib in Closed Chain
K084 Squeeze for the Knee
K085 Knee PRP
K086 Patello Femoral PRP

ANKLE PROCEDURES

L087 Ankle Dorsi-Flexion MWM: Open Kinetic Chain
L088 Ankle Dorsi-Flexion MWM: Closed Kinetic Chain
L089 Ankle Dorsi-Flexion MWM: Inf. Tib-Fib in Open Chain
L090 Ankle Dorsi-Flexion MWM: Inf. Tib-Fib in Closed Chain
L091 Ankle Plantar-Flexion MWM
L092 Ankle Plantar-Flexion MWM with Belt Assistance
L093 Sprained Ankle MWM: Inf. Tib-Fib
L094 Sprained Ankle MWM: Sup. Tib-Fib

FOOT PROCEDURES

M095 Inter-Metatarsal Inversion MWM
M096 Metatarsalgia MWM
M097 First Metatarsal Cuneiform Inversion MWM
M098 Medial Cuneiform Navicular Inversion MWM
M099 Fifth Metatarsal Cuboid Inversion MWM
M100 Fifth Metatarsal Cuboid PRP
M101 Second Metatarsal "Metatarsalgia" Compression PRP
M102 Heel Pain Auto Mobilization
M103 First MTP Extension MWM: Open Kinetic Chain
M104 First MTP Extension MWM: Closed Kinetic Chain
M105 First MTP PRP
M106 EHL Tenopathy Stretch PRP
M107 EHL Tenopathy Contraction PRP
M108 Sesamoid Compression PRP

SHOULDER GIRDLE & ACROMIO-CLAVICULAR PROCEDURES

NI09 Shoulder Painful Arc MWM
NI10 Shoulder Painful Arc MWM: Resistance Training
NI11 Shoulder Painful Arc MWM with Belt Assistance
NI12 Shoulder Elevation MWM: Supine
NI13 Shoulder Elevation MWM: Standing
NI14 Shoulder Elevation MWM: End Range
NI15 Shoulder Internal Rotation MWM

NI16 Shoulder Internal Rotation MWM: Belt Assisted
NI17 Shoulder Painful Arc Positional SNAG
NI18 Shoulder Horizontal Adduction PRP
NI19 Shoulder girdle MWM
NI20 Acromio-Clavicular Flexion MWM
NI21 Acromio-Clavicular Horizontal Adduction MWM

ELBOW PROCEDURES

O122 Tennis Elbow MWM
O123 Tennis Elbow MWM with Belt Assistance
O124 Tennis Elbow MWM: Posterior Glide
O125 Tennis Elbow Positional SNAG
O126 Golfer's Elbow MWM
O127 Golfer's Elbow Positional SNAG
O128 Elbow Flexion MWM: Side Glide
O129 Elbow Flexion MWM: Rotation
O130 Elbow Flexion MWM: Radio-Humeral
O131 Elbow Extension MWM: Side Glide
O132 Elbow Extension MWM: Radio-Humeral
O133 Elbow Extension MWM: Rotation
O134 Tennis Elbow PRP
O135 Golfer's Elbow PRP

FOREARM PROCEDURES

PI36 Proximal Radio-Ulnar Supination MWM
PI37 Distal Radio-Ulnar Supination MWM

WRIST PROCEDURES

QI38 Wrist Flexion MWM: Side Glide
QI39 Wrist Flexion MWM: Rotation
QI40 Wrist Extension MWM: Side Glide in Open Kinetic Chain
QI41 Wrist Extension MWM: Side Glide in Closed Kinetic Chain
QI42 Wrist Extension MWM: Rotation
QI43 Wrist Extension MWM: Distal Radio-Ulnar
QI44 Wrist Extension MWM: Scaphoid
QI45 Wrist Extension MWM: Inter-Carpal
QI46 Pisiform PRP

HAND PROCEDURES

R147 Fifth CMC Fisting MWM
R148 Thumb Extension MWM Rotation
R149 Thumb Carpo Metacarpal PRP
R150 de Quervain's Tenosynovitis Stretch PRP
R151 de Quervain's Tenosynovitis Contraction PRP
R152 de Quervain's Tenosynovitis Positional SNAG
R153 Finger IP Flexion MWM: Side Glide
R154 Finger IP Flexion MWM: Rotation
R155 Finger Extension PRP