



& CANZED Seminars present:

**THE MULLIGAN CONCEPT:
“MOBILIZATIONS WITH MOVEMENT, NAGS, SNAGS
AND OTHER KIWI TRICKS”**

UPPER QUADRANT – March 5th & 6th 2010

PRESENTED BY:

**Jack Miller B.Sc.(P.T.), Dip. Manip. Ther. (N.Z.), MCTA (Accredited Mulligan Teacher),
FCAMT (Fellow Canadian Academy Manipulative Therapy)**

Course Location

Fernie Physiotherapy
Rocky Mountain Health Centre
901 5th Ave, Fernie, BC V0B 1M0

Course Instructor

Jack Miller B.Sc.(P.T.),Dip.MT (N.Z.), MCISc

Jack spent six years practicing Physiotherapy in New Zealand where he completed the New Zealand Manipulative Therapy Association's three-year post-graduate program in 1984. He has assisted Brian Mulligan, taught courses in Europe, the Caribbean and North America and has taught Brian's courses independently since 1990. He is fully accredited by the Mulligan Concept Teacher's Association (MCTA) and currently holds lecturer status at the University Of Toronto Faculty Of Medicine. Jack is the past Secretary of the MCTA International and completed his Masters of Clinical Science in Manipulative Therapy at UWO.

Course Programme

Registration @ 8:30 a.m.

1. Fingers, Wrist
2. Tennis Elbow, Elbow
3. Cervical Spine, Headaches
4. Thoracic spine
5. Shoulder, Painful Arcs
6. Other Kiwi Tricks

Description

This **two day** seminar deals with Brian Mulligan's concept of the application of mobilization with movement (MWM), an exciting approach in manual therapy. Seminar participants can expect a syllabus high on practical application with a clear understanding of the rationale for use of MWM's in both the spine and upper extremities.

Following this course, therapists should be able to effectively apply the techniques in their own practices and expect immediate positive patient outcomes.

Brian Mulligan FNZSP has been New Zealand's leading international lecturer in manual therapy since 1972. Brian has served as New Zealand's IFOMT representative, principle instructor for the NZMTA and lecturer at Curtin University in Perth, Australia.

He has developed the concept of combining accessory glide mobilizations with patient generated physiological movement (MWM). His publications include articles in the Journal of Manipulative and Manual Therapy, the N.Z. Journal of Physiotherapy and his own publication: Manual Therapy "Nags, Snags and MWM's".

Course Requirements

This "hands-on" course is focused towards participants who have achieved at least an intermediate level of experience in manual therapy and wish to broaden their skills yet further. Participants are advised to dress for a lab course and bring a mobilization seat belt for technique practice.

Course Text

A complete syllabus of techniques will be included in the course fee. Brian Mulligan's text Manual Therapy NAGS, SNAGS MWM's Etc. is recommended reading. Additionally, a further reading list, clinical practice guidelines and selected relevant articles will be made available to all students.

Listing of Canadian Mulligan courses and products is available at www.mulliganconcept.ca and pre-course reading references at www.bmulligan.com.

Tax receipts and course certificates will be distributed at the completion of the seminar.

Course fee

The course fee for the **two day seminar is \$350.00 if you register by February 10th 2010**, after February 10th 2010 the fee is **\$400.00**. This fee covers the cost of course instruction, the course syllabus and snacks.

There is a cancellation fee of \$100.00

Cancellations are accepted up to one week prior to the seminar.

Any questions please contact Jaime Ellis 250-423-3423 or email jaimellis@ferniephysio.com

Register Early – Limited Enrollment

REGISTRATION FORM ATTACHED



Last Name: _____ First Name: _____

Address: _____ Prov. _____

Postal Code: _____ Phone: _____

Email: _____ Clinic: _____

Job Title: _____

Food Allergies: _____ Vegetarian: _____

Payment: Cheque (payable to McDonald Physiotherapist Corporation)
 Visa Mastercard

Name on Card: _____

Card number: _____ Expiry Date: _____

Security code: (Last 3 digits on the back of the card) _____

Please fax registration form to 250-423-3443, attn: Jaime Ellis or email

jaimeellis@ferniewhysio.com

Mail: Jaime Ellis
c/o Fernie Physiotherapy
PO Box 1978, 901 5th Ave
Fernie, BC V0B 1M0

Early Booking deadline: February 10th 2010

Cost: \$350

Regular Booking deadline: March 1st 2010

Cost: \$400

About Fernie – Places to Eat, Play & Stay



These are just some of the reasons why people come to Fernie ... Legendary Powder ... Some of the most fantastic skiing/snowboarding in all of Canada can be found right here in Fernie, BC. Fernie and Fernie Alpine Resort have been voted:

- 5th out of the top 25 resorts in North America – *Skiing Magazine* (2007)
- One of the top 6 powder destinations on the planet – *Fall Line Skiing Magazine* (2007)
- "Best powder" – *Ski Canada Magazine* (2007)
- North American "Resort of the Year" – *UK Good Skiing and Snowboarding Guide* (2004)
- In the top 20 dream towns – *Outside Magazine* (2004)
- Ranked #6 for powder snow in North America – *Skiing Magazine* (2002)
- #3 in the Top 10 Guide to the Best Ski Destinations – *CNN.com* (2002)
- "North America's coolest town" – *Rolling Stone Magazine* (2000)



www.skifernie.com www.fernie.com www.tourismfernie.com www.ourfernie.com

Accommodation:

www.bestwesternfernie.com



www.parkplacelodge.com



www.super8.com



www.powdermountainlodge.com



www.ferniestanfordresort.com



There is also a great selection of **Bed & Breakfasts** <http://www.fernielodging.com/>, the Fernie Bed & Breakfast Association can help you choose one.

If you would prefer to stay in a **condo or mountain home** please contact www.ferniecentralreservations.com and they can help you book an accommodation of your choice. 1-800-622-5007.

Tourism Fernie offers a great list of accommodation options as well as activities you can do in Fernie. www.tourismfernie.com

Fernie Alpine Resort also has a number of accommodations available. Please check their website www.skifernie.com

***Please note that Fernie is a popular ski town and February is an incredibly busy month. We recommend booking your accommodation well in advance to avoid disappointment!**

Dining

There is an immense variety of cuisine in Fernie BC. Whether you are looking for a five star restaurant or a simple pub meal, we have it all. Some of our favourites' are:

- **Picnic Restaurant + Social:** opened their door of the historic livery building in downtown Fernie in December '09, bringing new life to an old space. Their kitchen is about premium ingredients prepared simply, extraordinary yet approachable. Their wines have been carefully selected to highlight the finest of B.C as well as the world. Picnic is open late. Phone: 250-423-7666
- **Yamagoya's:** Enjoy dining at the full sushi bar, sake bar, dining room, or try one of their private tatami rooms for a more intimate dining experience. From Teriyakis, a variety of Tempuras to their full raw bar, Yamagoya traditional quality is sure to please. This place gets really busy so try to get there early to secure a table! Phone: (250) 430-0090.
- **Loaf:** Throughout the Winter season, on Thursday, Friday, Saturday & Sunday nights Loaf serve up authentic Italian-style thincrust pizzas made fresh to order. Dine-in their fully licensed cafe so you can enjoy a FBC lager on draught or a glass of local BC wine. Or you can call them on (250) 423-7702 to order take-out.
- **The Curry Bowl:** Thai, Indian and Japanese cuisine with aromatic curries, exotic noodles, and savoury stir-frys. All dishes are made "in-house" using only the freshest, traditional ingredients. Pair your meal with one of over 30 imported beers, Japanese sake or one of their fresh loose-leaf teas for a truly international experience. <http://virtualferniefarm.com/currybowl/> Phone: (250)-423-BOWL
- **The Pub at Park Place Lodge:** Guests looking for a more casual dining option will enjoy the varied and extensive pub-style menu offered daily for lunch and dinner. The Pub also has the best wing night in town on a Tuesday!
- **Bulldogs North:** A lively night spot located in the heart of Fernie on 2nd ave. This busy spot has a great bar and great food!!
- **Lizard Creek Lodge:** A unique dining experience awaits you in the luxury of the Gourmet Dining Room with service that is friendly yet refined. Lizard Creek's award winning Chef's international creations will tantalize even the most discerning palate. Their extensive wine cellar will provide you with a complementary match. They have an amazing Sunday Brunch. Located at Fernie Alpine Resort. Phone: (250) 423-2057.
- **Corner Pocket Brasserie:** Spectacular views and an atmosphere to match make for an idealistic venue for dinner and après ski. Selections from the dinner menu include 12oz St-Louis Ribs, Beef Tenderloin Provencale, Bison Rib Eye and Veal Schnitzel. Located at Fernie Alpine Resort www.enjoyferniefarm.com/brasserie/index.html Phone: (250)423.5035