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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 manula therapy performed by physiotherapists in order to increase the range of movement around a joint. How do NAGs and SNAGs help?*

*Manual Therapy: "Nags", "Snags", "Mwms" Etc.: Brian R ...*

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*The Mulligan Concept utilizes NAGS (Natural Apophyseal Glides), SNAGS (Sustained Natural  
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*Publications Archive - Mulligan Concept*

*Mulligan, BR; Manual Therapy 'NAGS', 'SNAGS', 'MWMS' etc. (6th Ed), Orthopedic  
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*including Mobilisations with Movement (MWMs) for the shoulder girdle. When applied correctly, they can significantly reduce joint pain and increase movement.*

*The Official International Web Site of the Mulligan Concept  
Manual Therapy: "Nags", "Snags", "Mwms" Etc. Paperback – 1995 by Brian R Mulligan  
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information including Mobilisations with Movement (MWMs) for the shoulder girdle. When  
applied correctly, they can significantly reduce joint pain and increase movement.*

*Manual Therapy: NAGS, SNAGS, MWMS etc. - Physiotherapy Room*

*In the application of manual therapy techniques, Physiotherapists acknowledge that  
contraindications to treatment exist and should be respected at all times. Although always  
guided by the basic rule of never causing pain, therapist choosing to make use of SNAGS in  
the spine and MWMs in the extremities must still know and abide by the basic rules of  
application of manual therapy techniques.*

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*The Mulligan Concept has become one of the most popular manual therapy techniques for  
musculoskeletal disorders. It utilizes NAGS (Natural Apophyseal Glides), SNAGS (Sustained  
Natural Apophyseal Glides) and MWMS (Mobilisations with Movement), for the spine and  
extremities used to treat a myriad of musculoskeletal conditions.*

### *Nags-and-snags | Manual-therapy | Physiotherapy ...*

*"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.*

### *Manual Therapy Nags, Snags, MWMS (853-7): 9781877520181 ...*

*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  
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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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