

SHRIMAD RAJCHANDRA COLLEGE OF PHYSIOTHERAPY

REPORT OF WORKSHOP

TOPIC OF WORKSHOP: MULLIGAN CONCEPT OF MWM FOR UPPER AND LOWER QUADRANT

RESOURCE PERSON: Dr. Bhavik Jhaveri (PT)

DATE: 21ST-23RD AUGUST & 11TH-13TH SEPTEMBER 2023

NO. OF STUDENTS PARTICIPATED: 72

SEMESTER: 7th

WORKSHOP CONTENT:

Shrimad Rajchandra college of Physiotherapy organised a workshop on “Mulligan Concept of Mobilisation with Movement (MWM) for Upper and Lower Quadrant” for 4th Year B.P.T. students.

Dr. Bhavik Jhaveri (PT), Assistant Professor, Shrimad Rajchandra College of Physiotherapy, was the expert.

In this workshop, Dr. Bhavik Jhaveri covered basic principles, indications, precautions, contraindications and various techniques of Mulligan concept for correction of Joint pathomechanics. Hands on practical application of Mulligan concept for various painful conditions such as ankle sprain, osteoarthritis of knee & hip, supraspinatus tendinitis, tennis elbow, etc. was done. Mulligan techniques for various spine conditions such as PIVD, SI Joint Dysfunction, etc. was also discussed and demonstrated.

The session was mainly focused on the correction of pathomechanics and how to make functional movements pain free. All the students practiced and participated with great enthusiasm. It was a great learning experience for the students which we will help them to improve the treatment outcome. 72 students attended the session.