



# Manual of Mulligan Concept: International Edition

By Dr Deepak Kumar

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This book has been written for physiotherapists who practice or wish to learn manual therapy, and for those clinicians who are keen on getting an insight into the Mulligan Concept but finding it hard to spare time out of their busy practice. The thought process behind this book has been to elaborate the Mulligan Concept in a step by step manner to ensure easy understanding and comprehension of all the techniques used in the concept. Its systematic approach to teaching the principles behind the concept makes it particularly valuable to the physical therapist practicing Mulligan Concept. This book features descriptions of all the techniques in the Mulligan Concept with a detailed set of illustrations in a sequential manner. Emphasis has been laid on the patient position, therapist position, hand and belt placement including method of delivery of treatment with proper communication and reasoning throughout this book. The accurate application of the techniques is necessary to obtain optimal results; and the book emphasizes on this through demonstration of precautions to be taken. In this book, a free-flow of language is used to ensure that the user is able to actually feel the practical essence and easily understands the details. Most of the Illustrations are provided with signs and symbols for better understanding of the Concept. The Mulligan Concept is one of the preferred concepts & is often the first choice of treatment among clinicians because this concept allows the patients to perform the offending movements in a functional position, that too in a pain-free way, hence, making the outcome very rewarding. Especially in the recent past, Mulligan Concept has gained a lot of popularity because of its instantaneous and effective results.

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### **Editorial Review**

#### About the Author

Dr. Deepak Kumar, MSPT, FIAP, PhD (Former Certified International Mulligan Concept Teacher) Dr. Deepak Kumar graduated from National Institute (1993) & completed his PG in Sports Physiotherapy (2000) and Doctorate in Mulligan Concept (2012). He has also been to Curtin University, Australia, to get his super specialization in Manipulative Physiotherapy (2002). He was awarded with distinguished service award by Indian Association of Physiotherapists in 2006 and the prestigious fellowship award from Indian Association of Physiotherapists in 2010. He is a clinical teacher and examiner to various Universities in India. He is the former certified Mulligan Concept Teacher. He is also a certified McConnell concept teacher for Asia region. Trained more than 10,000 students during the last 11 years from various reputed institutes of Asia. Made 12 inventions in manual therapy, electrotherapy & exercise therapy. Guided 53 research projects and still growing. Presented 34 research papers in various state/ national & international conferences like IFOMT and WCPT, bagged 9 best papers and six 1st runner up awards. Published 4 papers in reputed journals. The new techniques on Mulligan Concept have been acknowledged by Brian Mulligan and mentioned in his 5th & 6th edn. book. Dr. Deepak Kumar has an excellent background in teaching, research, & clinical management skills to run Manual Therapy courses. Treated more than 85,000 patients during the last 22 years (together with the team). Administrating more than 60 professionals & supporting staff as Director of Capri Institute of Manual Therapy. Organized more than hundreds of CME / workshops / conferences including International Conference on Manual Therapy in 2005, 2006, 2013 & 2014.

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