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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

natural apophyseal glides nags is the name brian r mulligan 91 1 93 given to small amplitude multiple rhythmic mid to end range gentle

oscillatory glides which can be applied to the facet joints

5 meanings 1 to scold or annoy constantly 2 to be a constant source of discomfort or worry to 3 a person who nags 1 click for more definitions

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these are techniques applied to the joints of the body they were developed by a man called brian milligan a physiotherapist from new zealand they are very effective in the treatment of many

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lecture nags and snags natural apophyseal glides accessory movements gliding one spinal facet on another in the direction of the joint surface performed on

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