

CONTENTS

	Page
Part one	
I. Spinal mobilisations.	
A. The Cervical and upper thoracic spines	
1. "NAGS"	2
2. "REVERSE NAGS"	5
3. "SNAGS"	7
4. "SELF SNAGS"	15
5. Spinal mobilisations with arm movement	19
6. "MWMS" for the cervical and upper thoracic spines	23
B. The upper cervical spine – special therapies	
1. Headaches	29
3. Vertigo, nausea and other 'vertebral artery' signs	32
C. The lumbar spine	
1. "SNAGS"	34
2. "SELF SNAGS"	42
D. The sacro iliac joints	45
E. The thoracic spine	48
F. The rib cage	50
G. Conclusion	53
II. Other spinal therapies	54
Part two	
The extremities. Mobilisations with movement	71
Part three	
The extremities – A pot pourri	108
A. Pain release phenomenon techniques "PRPS"	108
B. Other extremity therapies	119
Index	129