



# MULLIGAN LOWER QUADRANT

## WORKSHOP 2026

Seats Are  
Limited!!!!



### TIMOTHY MANN

Timothy Mann is an experienced physiotherapist specializing in manual therapy, acupuncture and sports injuries. With a Master's degree in Manipulative Therapy and accreditation as a Mulligan Concept Teacher, Tim runs a private practice in Corrimal. He lectures on various APA Manual Therapy and Acupuncture courses and actively participates in professional study groups. Tim's expertise, ongoing education, and commitment to his field make him a trusted physiotherapist in the region.

### PAMELA MANN

Pamela Mann is a Certified Mulligan Practitioner and assists Tim with Mulligan Courses and other Manual Therapy Courses. She completed a Post-graduate Certificate in Pelvic Floor rehabilitation at the University of Melbourne and subsequently a Post-graduate Certificate in Women's Health and Human Continence at Curtin University in Perth.



REGISTER NOW



19TH - 20TH JULY 2026  
SUNDAY - MONDAY



YOUR PHYSIO SETAPAK,  
KUALA LUMPUR



8.30 AM - 5.00 PM

MPA MEMBER: RM 300  
NON-MEMBER: RM 2000

Closing Date: 30<sup>th</sup> June 2026

8000505817 (CIMB)

Persatuan Fisioterapi  
Malaysia

<https://mpa.net.my/>

[mpa.secretariat2020@gmail.com](mailto:mpa.secretariat2020@gmail.com)



# MULLIGAN LOWER QUADRANT WORKSHOP 2026

## DAY 1 - 19TH JULY 2026

- 08:45 AM - 09:00 AM Registration
- 09:00 AM - 10:00 AM Introduction to the Mulligan Concept and Treatment Principles
- 10:00 AM - 10:30 AM Foot: Mobilisation with Movement (MWM) and PRP
- 10:30 AM - 10:50 AM Morning Tea
- 10:50 AM - 12:30 PM Ankle Techniques: MWM and Taping
- 12:30 PM - 13:30 PM Lunch
- 13:30 PM - 15:00 PM Knee MWM, Self Treatment and Taping
- 15:00 PM - 15:15 PM Afternoon Tea
- 15:15 PM - 16:45 PM Lumbar Spine: Sustained Natural Apophyseal Glides (SNAGs), Self Treatment
- 16:45 PM - 17:00 PM Question, Review Discussion and Summary
- 17:00 PM End

## DAY 2 - 20TH JULY 2026

- 09:00 AM - 09:30 AM Review of Day 1
- 09:30 AM - 10:30 AM Spinal Mobilisation with Leg Movement (SMWLM)
- 10:30 AM - 10:50 AM Morning Tea
- 10:50 AM - 12:30 PM Hip: MWM
- 12:30 PM - 13:30 PM Lunch
- 13:30 PM - 14:45 PM SIJ: MWM and Taping
- 14:45 PM - 16:00 PM Question, Review, Discussion and Summary
- 16:00 PM End