



### **Mulligan Concept Manual Therapy 2026 organized by Virtus Medical Group**

Mulligan Concept on manual therapy was firstly developed by experienced physiotherapist Mr. Brian Mulligan in New Zealand. The simple yet effective manual approach has been taught internationally since 1984 and practiced by physiotherapists and manual therapists with good reputations over decades. A two-day class will cover upper quadrant of the body with theory and practical activities. Participants like medical doctors, physiotherapist, chiropractors, Chinese medicine practitioners, sports therapists, and strength-conditioning trainers will find the course helpful to help clients with musculoskeletal problems, functional dysfunctions, and pain. This course will be instructed in Cantonese with English medical terms.

### **Gorman Ngai**

Gorman graduated from the Hong Kong Polytechnic University (PolyU) in 1997 to become a physiotherapist. He later earned the MSc degrees from PolyU and Curtin University of Technology in 2005 and 2006 respectively. He also holds the Diploma in Mechanical Diagnosis and Therapy from the McKenzie Institute, Certificate in Acupuncture, graduate Certificate in Sports Physiotherapy, and is a Certified Mulligan Concepts practitioner and instructor. His clinical experience spans public hospitals, private physiotherapy clinics and universities. In addition to working as a private practitioner and lecturer, he is involved in various sport teams providing on-field physiotherapy and teaching manual therapy concepts and skills in Asia. His main interests are spinal and sports injury disorders. Gorman started assisting other teachers in the MCTA to teach Mulligan concepts since 2002 and he was qualified as one of the MCTA member in 2008. MCTA is the only official association recognized by Brian Mulligan to allow the member to teach his concepts in the world.

	<b>Upper Quarter</b>
Date:	7-8 March 2026
Time:	7 March: 13:30 – 18:30 8 March: 09:00 – 17:00
Presenter:	Mr. Gorman Ngai Registered Physiotherapist, Member of Mulligan Concepts Teacher Association (MCTA)
Venue:	12/F, Virtus Medical Tower 122 Queen's Road Central, Central, HK
Capacity:	24 per course
CPD:	10 points
Certificate:	Certificate issued by MCTA
Course Fee:	Non-HKPU: \$5500/ Course HKPU: \$5200/ Course

Deadline of application: **21 February 2026**

Remarks:

\* Please fill in the application form via Google:

<https://forms.gle/4YWsm8vtxRBJM9VP9>

\* Successful applicants would be contacted by email.

\* Payment: Bank-in. Please send the proof of the payment to email:

[Raly.Wong@virtuscare.com](mailto:Raly.Wong@virtuscare.com)

\*Once payment is received, no refund is given unless the available spot is filled from a waiting list.

\* On a First-come, first-served basis.

\* Virtus Medical Group reserve the right to cancel the course due to bad weather or pandemic condition. Full refund will be given in such circumstances.

\* For application enquiries, please contact Miss. Raly Wong (Whatsapp [66889128](tel:66889128), Email [Raly.Wong@virtuscare.com](mailto:Raly.Wong@virtuscare.com))