

WALK TALL!

#1 Best Seller on Amazon.com

Designed as an easy-to-handle, spiral-bound book written primarily for people with the condition of low bone mass, this book is also very useful for the clinician. All of the exercises in this book have been designed to be **SAFE** for persons with osteoporosis. It contains no exercises that include spinal flexion, side-bending or rotation. It does not contain ALL the exercises one can do for osteoporosis but it is a good place to start and all exercises are SAFE. 159 pages. \$25.00



EDUCATIONAL DVD*

This DVD contains 3 videos:

- **Patient Education**—Sara Meeks with a model of the skeleton explaining osteoporosis and what can be done about it.
- **Basic Exercises**—Sara with a model, who has osteoporosis, demonstrating the beginning exercises of The Meeks Method
- **Postural Correction, Balance and Gait**—Sara with two different models, who have osteoporosis, demonstrating exercises for body alignment, balance and gait.

\$50.00 + \$5.00 S&H

**COMBO
SPECIAL
WALK TALL!
+
DVD**
www.optp.com



Sara Meeks, PT MS GCS KYT and her husband, John Harrison, BA LMT are a dynamic-duo team that travels internationally presenting seminars on Osteoporosis management. Sara is a Physical Therapist with 54 years clinical experience and has spent the past 32 years specializing in the management of persons with compromised bone health. A Kripalu Yoga Instructor since 1984, an APTA award-winning clinician, and diagnosed with

osteoporosis herself, Sara brings passion, enthusiasm, humor and a distinct sense of mission into her teachings and practice.

Please consider joining John and Sara for our next Annual Meeks Method Conference.

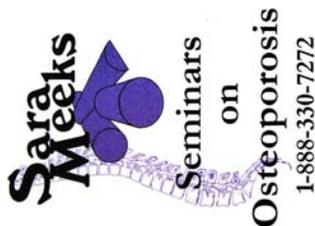
The three so far have been so much fun and elicited so much energy and excitement around spreading the word on S.A.F.E. movement for persons with compromised bone health that we are planning on doing it again.

STAY TUNED FOR LOCATION AND DATES

SARA MEEKS SEMINARS

P.O. Box 5577

Gainesville, Florida 32627-5577



Phone: 1-888-330-7272

Email: sara@sarameeksppt.com

Web: www.sarameeksppt.com

Address Service Requested

Sara Meeks



SEMINARS

PRODUCTS FOR PATIENT MANAGEMENT

NEW PRODUCT COMMUNITY EDUCATION FLASH DRIVE



**AVAILABLE AT ALL SEMINARS
OR CALL JOHN AT 352-262-6484**

(For Only Those Who Have Completed The
Level 1 Seminar)

\$50.00

EZ Posture Strap



START



FINISH

The EZ Posture Strap has been designed to mobilize and stabilize the shoulder blades for cervical and shoulder exercises.

It consists of a single triangular piece that fits on the back between the shoulder blades, two looped straps that fit over each shoulder, cross in the back (within the triangular piece) with a handle at each end. Pictured above left is the EZ Posture Strap in the starting position and, above right, in the finished position.

The EZ Posture Strap is **NOT** a brace. It is designed to be an exercise tool, an easy-to-use device that you can throw into your workout bag and carry with you to the gym or keep it handy at home for your home exercise program.

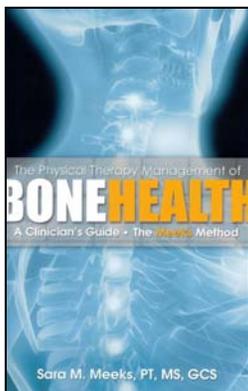
Available in 3 sizes by chest measurement:
S (28"-34") M (35" - 42") L (43" - 52")

\$43.00 + \$5.00 S&H

Comes with instruction for use.

Available at Seminars and Online at
www.sarameekspt.com/products.asp
with Link to

<http://www.optp.com/Sara-Meeks-2#.WDuFHhK5LAA>



PHYSICAL THERAPY MANAGEMENT OF BONE HEALTH THE MEEKS METHOD

This is the only evidence-based clinician's guide that presents **specific** movement and exercise interventions for patients with low bone mass. Included is Patient Assessment, Site-Specific Exercises, Balance, Gait, Body Mechanics, Bracing, plus information on working with special populations such as physical frailty, guidelines for the gym, Yoga, Pilates and much more.

Currently Out of Print
3rd Edition In Progress



**MULTI-LOOPED
STRETCH-OUT
STRAP**

This "be-all and end-all," Multi-looped Stretching Strap is made of tough nylon webbing and allows stretching of different body parts not possible with other straps and ropes. One can stretch the ankles, hips and knees without stressing the upper extremities. The loops are easy-to-use for those who have problems with grip.

\$12.00 + \$5.00 S&H

All products listed on this brochure are available by calling

SARA MEEKS SEMINARS
1-888-330-7272

All major credit cards accepted.
Items are also available through

www.optp.com

SARA MEEKS

also teaches seminars, webinars and
has an online course on the
Physical Therapy Management of Bone Health.

Log onto

www.sarameekspt.com

for a complete description and schedule of courses.
or call

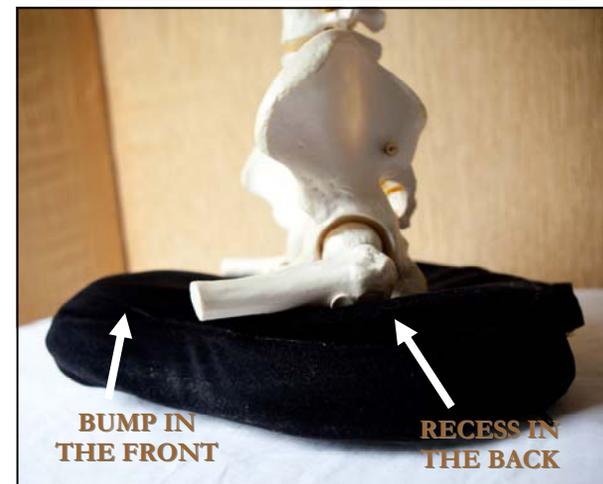
1-888-330-7272

for information and to register.

NOTE

Shipping and Handling charges are listed per item. Charges may change slightly up or down depending upon number of items ordered and any changes in postal charges. Call for details.

EZ Posture Pillow



**BUMP IN
THE FRONT**

**RECESS IN
THE BACK**

The EZ Posture Pillow has been designed by Sara Meeks to support the pelvis in seated Yoga postures and other exercise. Although the original intent of the design was as a meditation pillow, it can be used in a standard chair, wheelchair, on board an airplane, in your car, in a restaurant etc.

Basically, it is useful any place you sit.

It has a recess in the back for the ischial tuberosities (SITS Bones) and a bump in the front for the pubic symphysis ("P" Bone.) This unique design supports and cradles the pelvis thus giving more support for the back. With pressure on the bump in the front, the pelvis is tilted slightly forward thereby helping to protect the natural lordotic curve of the lumbar spine.

Combine correct seating on the EZ Posture Pillow with elongation of the spine by lifting up through the manubrium bone ("M" bone) and you are seated in the Perch Posture which strengthens the back extensors.

Each EZ Posture Pillow comes with a re-moveable, washable cover.

Dimensions: Front to Back 13 1/2", Width-at its widest 13", Depth 3".

\$59.00 + \$10.00 S&H