

WALK TALL! The Message October-December 2007

ANNOUNCING!

ONE DAY SEMINAR

on

OSTEOPOROSIS

MANAGEMENT

in

DOWNTOWN

MANHATTAN

at

THE FELDENKRAIS INSTITUTE

134 WEST 26TH STREET

(2ND FLOOR)

NEW YORK, NEW YORK

January 15, 2008

Call for Information and Registration

888-330-7272

**NEW—EZ POSTURE STRAP
AN ORIGINAL EXERCISE TOOL BY SARA MEEKS**



Pictured at the right is Sara Meeks modeling and using the new

EZ Posture Strap

This easy-to-use exercise tool has been specifically designed to mobilize the shoulder blades and thereby improve shoulder, shoulder girdle, and cervical mobility. It comes in 4 sizes and can be used in the Physical Therapy clinic, as part of a Home Exercise Program and is small enough to pack into your travel fitness bag.

I personally carry one to the gym and in my suitcase (along with a collection of resistance bands and a multi-looped stretch-out-strap,) so that I have tools for a hotel room workout when I can't get to the gym.

The **EZ Posture Strap** is being distributed by OPTP and comes packaged with an instruction poster for its use.

The **EZ Posture Strap** is available through **SARA MEEKS SEMINARS**
www.sarameekspt.com or 888-330-7272

**UPDATE ON
SPINOMED III**

Good News!
The
Spinomed III
is now on the market. Please contact
Ed Wilbourne
at
edw@mediortho.com
for information and a rep near you.

**www.melioguide.com New Web Site Focused on Bone Health
MARGARET MARTIN, P.T.**

A Physical Therapist who has taken my Level 1 seminar, Margaret Martin, has set up a website, targeted to the public, to help people who are concerned about their bone health to make more informed decisions. She has designed this website to deliver the latest and most relevant information on bone health in a comprehensive and easy-to-understand format..

There is the latest information on **nutrition** and **medical treatments**, as well as content in the areas of **fall prevention**, **fracture risk reduction** and **appropriate exercise programs** for people at all stages of bone health in all age categories. What makes the site truly unique and valuable is that the site allows the user to assess their fracture risk. The user can then sign up for a personalized Exercise Program based on the combined results of fracture risk assessment and current exercise/activity level.

Physical Therapists can use the Exercise Program as a roadmap. Your patient can follow the prescribed exercise program on the web and you can coach them and monitor their progress.

There is **no charge** for the fracture assessment or the personalized exercise program.

I encourage you to visit this website to evaluate its use to you and your patients and then to pass on any feedback that you might have to other therapists through this newsletter. Contact Margaret directly at:

margaret@melioguide.com or call her at 613-271-9035