

CERTIFICATION IN THE MEEKS METHOD LAUNCHED APRIL 2009

**For all of you professionals out there who have taken my training,
I have good news!**

I have launched my certification program and now have certification available in The Meeks Method Level 1. All of you who have taken any level of my courses are eligible for the certification program.

There is a pre and post-test which will be taken at the beginning and end of the Level 1 Seminar. If you have already taken Level 1, you can take these tests when you take Level 2 or 3 and, as soon as I can get it all accomplished, you will be able to take the test online. Stay tuned for the online version.

After you have passed the tests, there are projects for you to complete. Anyone interested in this certification process can send me an email and I'll send you the document outlining the details.

Certification for Levels 2 and 3 will be available later this year and I'll keep you posted as I progress with this project.

So far, this has increased enthusiasm and attention-span in my courses and infused the participants with a new, vibrant energy. It is quite exciting to see.

Looking forward to seeing **YOU** in the certification program.

FYI we offer a special price for anyone wishing to re-take the Level 1 seminar in preparation for certification.

ATTENTION! ATTENTION! ATTENTION

Networking is growing and I am being asked by doctors, therapists, and the public for trained therapists in their area. If you have moved and/or changed your telephone numbers since you took the course, please call me toll free 888-330-7272 and give me an update.

Alternatively, please send me an email at sara@sarameekspt.com with the new information.

The need for trained personnel is great and growing.

SECOND EDITION WALK TALL! TO BE PUBLISHED NEAR END OF 2009

NEW, UPDATED FEATURES TO INCLUDE

An Entire Chapter Devoted to Seating

New Exercises- - - - More Body Mechanics- - - -Alphabet Soup of the Skeleton

Expanded Guidelines for Other Exercise Formats and Classes

NEW IN 2010—ONE-DAY COURSE

“Beyond Ankle Pumps and Quad Sets”

Functional Exercise and Mobility for the Long-Term Chronically Ill Patient

Call me or send email if you are interested in hosting this most timely course.

888-330-7272

sara@sarameekspt.com

SPECIAL ARTICLE TO THE WALK TALL! NEWSLETTER

One PT's Personal Success Story with Exerstriders!

Sara,

I was at your Hollywood/Miami Osteoporosis conference in the summer of 2007. At that time, I was recovering from foot surgery and using a scooter.

I bought a set of Exerstriders from you, in the hopes that they would help me walk more erectly, once I was allowed to wear my shoe and brace, and walk distances. I began walking in early December 07, with the Exerstriders, and by April had been walking up to 0.6 mile 3-4 mornings a week. It got too hot, so switched to my treadmill in the garage, but continued to use the poles by placing them on the sides of the track platform, giving me UE and LE exercise. Since I have heart stints (as well as OP and diabetes), my goal was the 1 mile "Survivor's Walk" at the Heart Association "Start! Heart" Walk in September. (I had in the past, driven my scooter the 3 mile regular track.)

Here is a photo of the results. It's the first time in 20 years that I have walked 1 mile outdoors, with NO adverse effects on heart or feet. I did sit on the scooter (my husband was following "in case") for about 5 minutes in the shade, due to the heat. Then I resumed the walk and completed it. Oh, yes, this was 2 days post carpal tunnel release. My daughter accompanied me for safety.

Just wanted to let you know how much I have used the Exerstriders and how much it means to me to have done that walk.

Joyce K. Lawson P.T.

JKLPT1965@msn.com



And now for something which I had hoped I would not feel I had to write; however, I have not been able to resolve this situation in any way to date and so I am putting this out just for your information.

PLAGIARISM

“The act of taking someone else’s work or ideas and passing them off as one’s own.”

New American Oxford Unabridged Dictionary Accessed 2009

I was hoping to not have to write this article; however, because I have not been able to resolve this issue satisfactorily with the person involved, I feel compelled to do so and let the chips “fall where they may.”

I have been specializing in the physical therapy management of osteoporosis and bone health since 1984. In 1996-1997, I worked in a clinic where every patient I saw had been diagnosed with osteoporosis or osteopenia by bone density scan and, during that time, I refined my program and began to teach seminars.

In my seminars, I offer my materials, without any strings attached, to be used for patient handouts and for community education. All I have ever asked is that I be given credit for my original work. Any use of material from the book WALK TALL! requires the publisher’s permission. Until recently, that has worked very well as programs have been developed all over the US and in Western Canada. Therapists willingly share their brochures and material with me so that I can display them at my seminars and, so far, all I know of have given me credit somewhere on their materials.....or would do so if asked.

There is, however, a therapist in Canada who has developed a website, has written books and teaches a course on osteoporosis who has yet to give me proper credit for my work. She has taken my original exercises, changed the pictures, changed the names of some of them, changed some wording and is publishing them, essentially passing them off as her own work. This is, according to the dictionary (reference above,) plagiarism. I have had numerous communications with her about this but, so far, she has not given me the credit I think I deserve for my original work.

My original exercises for osteoporosis management and postural correction took me years, working with hundreds of patients, to develop. I have never asked for money to use my work (as some do;) all I have ever asked for is credit.

I want you all to understand that there is nothing illegal in this. People can change material at will and not violate copyright law. However, this is, in my view, most unethical and unprofessional.

I am not necessarily asking any of you to do anything about this; however, if you agree that this is unethical and unprofessional I would appreciate any comments you might have to her or to me or both. Her website is www.melioguide.com

**AND, FINALLY.....HELPING TO SPREAD THE GOOD
WORD ON THE SPINOMED III SPINAL ORTHOSIS**

**I will be
presenting
Physical Therapy
Management of
Bone Health
in
Girona, Spain**

**September 25-26, 2009
at the
4th Symposium
On
“New Therapeutic
Aspects for
Osteoporotic
Vertebral
Fractures”**

**This meeting is primarily for physicians and so I'll be helping to educate the
medical community on the role physical therapists can play in the management of
osteoporosis and other bone health issues.**

**Due to many circumstances, I have reduced publication of this
newsletter to twice yearly. Look for the next issue near the end of
2009.**