

**Much has happened since I sent out the last newsletter. Here are some highlights.**

Over 100 health and exercise professionals have begun the CERTIFICATION process in The Meeks Method Level 1. They include PT's, PTA's, OT's, COTA's, Exercise Physiologists, Yoga and Pilates teachers, and other Wellness Professionals. My idea has always been to have groups of trained professionals networking with each other as they set up SAFE exercise programs for persons with low bone mass across the country. This is happening on a large scale and I am so honored to be a part of it.

Online Certification will be available by June 2010.

I have a new position as a physical therapy consultant for Osteoporosis Canada and, as such, will be teaching for them this year.

As a result of my presence at the conference in Begur, Spain this past year (see below), I will be presenting again this year in Prague, Czech Republic in September. It has been an exciting opportunity for me to meet the designer of the Spinomed brace (Helmut Minne MD), the lead investigator of the major study done on the brace (Michael Pfeiffer MD), and also many physicians and other health professionals from all over Europe. Networking on an international level!

Two therapist, an OT and a PTA, have set up hospital-wide protocols for the care of the patient with acute compression fracture. This protocol includes formal "No out of bed to chair" orders. The patient is either on active bed rest (doing movement and exercise frequently), out of bed standing or sitting with the back reclined. This protocol has been sent to an orthopedic surgeon in Amsterdam and, hopefully, will be in place there soon also.

I just came back from the International Osteoporosis Foundation's meeting in Florence, Italy where I presented two posters: one on The Meeks Method and the other on the use of the Spinomed Brace. Both were well-received and I met some the top researchers in the field. According to a study presented as a poster (from Serbia) the Horizontal Therapy (Decompression Exercise) relieves back pain and also significantly reduces incidence of compression fracture. I'll be meeting with them in September.

**2010 SEMINAR SCHEDULE**

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**SAFE PILATES**  
**for**  
**Skeletal Health**  
  
Sara Meeks  
co-teaching  
with  
Sherri Betz, PT  
  
**NEW YORK CITY**  
**January 15-16, 2011**  
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**FOR HEALTH**  
**PROFESSIONALS AND**  
**YOGA TEACHERS**  
  
**BONE CAMP**  
**KRIPALU CENTER**  
**FOR YOGA &**  
**HEALTH**  
  
**Lenox, MA**  
**Nov 15-19, 2010**  
  
**www.kripalu.org**  
**FOR INFO & TO REGISTER**  
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Also, see website listings for one-day seminar BEYOND ANKLE PUMPS AND QUAD SETS coming up in Florida and New Jersey.

## **The Spinomed III**

continues to be the most important innovation for the conservative management of patients with osteoporosis and compression fracture.

Fully covered by Medicare, it has helped countless patients lead a more independent life free from the fear of future compression fractures. Ordered by a physician, fit by an orthotist and followed up by a physical therapist, this brace, combined with The Meeks Method program for osteoporosis management, can help people gain independence as they return to a lifestyle they experienced previous to fracture. This active brace can also help with postural correction, pain reduction, and through its feedback mechanism, act as a reminder for better body mechanics in daily activities, thus reducing the risk of fracture. As patients improve with the brace, they should visit the physical therapist or orthotist for periodic adjustments. Fit is critical, especially the molding of the back support to the curves of the back as they change.

Contact me with any questions on use of this brace. [sara@sarameekspt.com](mailto:sara@sarameekspt.com) or 888-330-7272

### **FROM ED WILBOURNE —ORTHOPEDIC MANAGER OF MEDI USA**

**Medi USA would like to thank Sara for her participation at the recent Fourth Annual International Osteoporosis Symposium by medi held in Begur, Spain. Sara was invited by Medi USA to speak at the event which featured well known and internationally respected speakers from Europe and the United States. The Symposium was attended by clinicians from many countries with two of the highlights being the presentations by Sara Meeks PT and Chris Recknor, MD. The participants were treated to a special session with Sara on Sunday morning. This early-morning exercise class received excellent reviews.**

**The speakers and topics included:**

**Welcome and Introduction: Social Aspects and Burden of Disease  
Helmut W. Minne, MD (Germany)**

**Role of Kyphoplasty in the Treatment of VCF  
J. Diaz-Maurino, MD (Spain)**

**Spinomed III for Chronic Back Pain with Residual Disability  
P. Andujar Ortuno (Spain)**

**A Perspective Study of Spinal Orthoses in Postmenopausal Women  
Yannis Dionyssiotis, MD, PhD (Greece)**

**Evidence-based Treatment of VCF due to Osteoporosis  
Michael Pfeiffer, MD (Germany)**

**Clinical Application of the Spinomed III Brace  
Chris Recknor, MD (United Osteoporosis Centers, USA)**

**The Physical Therapy Management of Bone Health: The Meeks Method  
Sara Meeks PT, MS, GCS**

