

WALK TALL!-The Message

The
POSTURE BIOMECHANICS FOUNDATION
&
SARA MEEKS SEMINARS
present
The First Annual Conference on
THE MEEKS METHOD

PUTTING PRINCIPLES INTO PRACTICE

SUNDANCE RESORT, SUNDANCE, UTAH



You Asked For It!
And Now
Here It Is!

Driven by others' desires to network and learn from each other, we are excited to announce the 2011 Conference on The Meeks Method February 27-March 3 at Sundance Resort, Sundance, Utah.

With its focus on putting the Principles of Movement of The Meeks Method into Practice, this conference will include presentations by Sara Meeks and other senior clinicians trained in The Meeks Method. These presentations are based on the latest advances and research on the management of the patient with back pain, osteoporosis and compression fracture and will serve to further the cause of safety in movement for this, sometimes, very fragile population.

Beginning with Unloading the spine, progressing to strengthening the support structures of the spine and hip, moving into safe loading depending upon the clinical

condition of the patient are some of the principles that underlie these presentations.

Sundance is a beautiful, family-oriented, friendly resort nestled in the Wasatch Mountains just East of Salt Lake City. Offering outstanding Downhill & Cross Country Skiing, Snowboarding, Snowshoeing, daily workshops in the Art Cabin and a warm and cozy main lodge for dining, shopping or just socializing, Sundance is the ideal location for what we have planned.

Bring the family to enjoy all the activities. There is something for everyone here and at prices guaranteed not to "break the bank." Scheduled is ample time for family fun and games as professional workshops take place only in morning and evening.

Sit (Perch?) by the fireplace, socialize with fellow conventioners and other Sundance guests., read a good book, take an afternoon snooze, or just enjoy the atmosphere.



Enjoy a drink from the Owl Bar (restored 1890's bar frequented by Butch Cassidy himself.) Who knows, you may even get to meet The Sundance Kid!

Volume 3 Issue 2
July-December 2010
**EXPANDED FULL-COLOR
VERSION ONLINE.**

Low Intensity Vibration (LIV) Therapy™

Mechanical Signals

The body adapts to functional loading, such as walking, running and other exercise. In addition to these big impact loads, there are continual tiny and high frequency interactions (mechanical signals) between bones and muscles while we stand for example. This range of signals has a direct effect upon the growth and renewal of the tissues. This is achieved in part by stimulation of cells within the bone marrow. The bone marrow is a reservoir of adult stem cells, which can change into other types of cells such as bone, muscle or fat during their lifetime.

When functional loading is removed from a human, for example with increasing age and more sedentary lifestyle, the bone and muscle tissues start to decline. We believe part of the reason for the decline is the reduction of mechanical signaling across the full range of size and frequency.

About Low-Intensity Vibrations

LIV Therapy is an acceleration of 0.3g (where Earth's gravitational force is 9.8m/s² or 1g) applied 30 times per second to a person standing on the vibrating platform. The level of acceleration generated by LIV is safe for up to four hours continual use as set out by the International Organization for Standardization (ISO) Standard 2631. This is very important as large or continuous vibration is considered to be harmful to humans.

The LIV signal is similar to fast firing muscle contractions which decline with age. These tiny LIV signals have been found to directly target adult stem cell behavior within the bone marrow and encourage growth in the surrounding musculoskeletal tissues. These effects are summarized in the following chart.

LIV Therapy		LIV Therapy	
Age	Effects on Bone	Effects on Muscle	
Young People	Increases trabecular and cortical bone	Increases muscle mass Increases muscle strength	
Older Adults	Maintains bone density	Maintains postural stability Increases muscle strength	

The Science Behind It

Low Intensity Vibration Therapy

Professor Clinton Rubin and his team at State University of New York, Stony Brook, have been leading the research into the basic science and clinical uses of low intensity vibration, for more than 20 years. The more than \$45 million of research has been approved and funded by agencies such as NASA, The National Institutes of Health and National Institute on Aging within that timeframe. This is very important to the credibility and quality of the research work being undertaken.



Professor Clinton Rubin

LIV Tablet

- Use for 10 minutes per day
- Simply stand on the device to activate and step off to stop
- Gentle vertical motion which may feel like a gentle buzzing
- The tablet is controlled by a Therapy Key (similar to USB Flash Drive) which is inserted into the port in the device
- The 0.3g acceleration from the device is constant and calibrated to each individual user
- The device records each usage session
- The display counts down the session of use and shows the acceleration being delivered
- Conveniently sized for easy storage when not in use



LIV Therapy is a trademark of Marodyne Medical LLC, 2010

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MEDICAL

Marodyne Medical LLC • www.marodyne.com
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Telephone: +1 863 667 1628

CONFERENCE DESCRIPTION

The highly experiential nature of this conference is designed to bring therapists together so that they can share ideas, learn from and network with each other in a comfortable, family-oriented environment that encourages PLAY as part of the learning process. Workshops taught by Sara Meeks and clinicians trained in The Meeks Method, will offer participants a chance to see The Meeks Method In Action.....bringing the Principles (of Movement) Into Practice in different and unique ways. With workshops on Yoga, Pilates, Floor Exercise, Patient Assessment, Acute Compression Fracture Management, Weight Training and Fitness, among others, the participant will leave with a well-rounded concept of what The Meeks Method IS and will be able to take new, innovative ideas directly into practice. Time for Conclave and Brainstorming Sessions are scheduled in so that everyone can take part in the learning process.

CONFERENCE OBJECTIVES

At the end of the conference, participants will:

1. Be able to describe the Principles of Movement of The Meeks Method
2. Be able to explain the condition of osteoporosis, its pathology, epidemiology, sequelae, indicated and contra-indicated exercise, all based on the latest research evidence
3. Experience and learn the application of The Meeks Method in Special Populations, Yoga, Pilates, Shuba Weight Training, Fitness, Exercise Classes, Patient Assessment, Management of the Patient with Acute Compression Fracture
4. Be able to articulate the indications for, and fitting of, the Spinomed III Spinal Orthosis
5. Be conversant with the concept of the use of low magnitude mechanical signals (via the Marodyne LIV Tablet)

SUNDANCE RESORT

The Sundance Resort is nestled at the base of 12,000-foot Mount Timpanogos in the Wasatch mountains.
www.sundanceresort.com

BREATHTAKING VIEWS
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GREAT SKIING!
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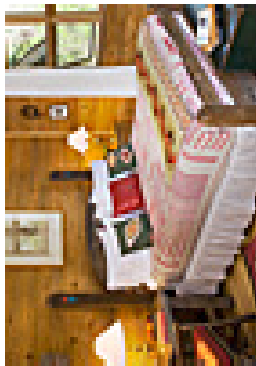
FAMILY-FRIENDLY



ACCOMMODATIONS

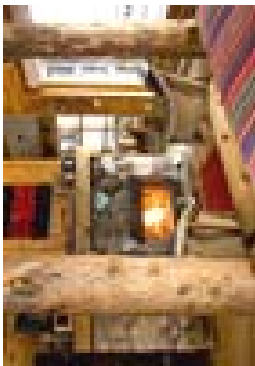
Studio Suite

Our Studio units are nestled in the River Run area of the Resort. At Approximately 450 sq ft, each offers a Queen-sized bed, full private bathroom with separate vanity area, gas fireplace, mini-refrigerator and a coffee maker. \$250.00 per night, taxes etc. included.



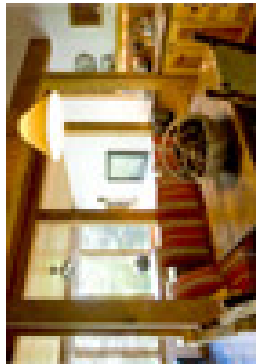
Sundance Suites

Our Sundance Suites offer a comfortable bay-style floor plan. At approximately 700 sq ft, each features a Queen-sized bed, full private bathroom with separate vanity area, stone fireplace, deck or patio, kitchenette and a small sitting area. \$298.00 per night, taxes etc. included.



Mountain Suites

Our Mountain Suites offer a large, generously equipped floor plan. With approximately 900 sq ft, each features a Queen-sized bed in a private, master bedroom, full private bathroom, fully equipped kitchen, living and dining area, stone fireplace and a deck or patio. \$335.00 per night, taxes etc. included.



All registrations for accommodations, course and conference are through

SARA MEEKS SEMINARS

ONLINE REGISTRATION NOT AVAILABLE

REGISTRATION

DATE _____

NAME _____

PT. PTA OT COTA OTHER (Specify) _____

License # and State: _____

NICKNAME OR PREFERRED FIRST NAME _____

ADDRESS _____

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PH (H) _____ (W) _____

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SIGNATURE _____

Preconference Level 1 Seminar — 18 CEH
Salt Lake City 2/25-2/26/2011
(if registered by October 15, 2010).....\$350.00
(after October 15, 2010).....\$400.00

Conference at Sundance — 12 CEH
(if registered by October 15, 2010).....\$200.00
(after October 15, 2010).....\$250.00

Studio Suite.....\$250.00

Sundance Suite.....\$298.00

Mountain Suite.....\$335.00

Make Checks Payable to: **SARA MEEKS SEMINARS**
PO BOX 5577 Gainesville, FL 32627-5577
Ph. Toll Free 888-330-7272 Fax 352-336-1899

Email: sara@sarameekspt.com Web: www.sarameekspt.com

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EVER”

SARA MEEKS, PT, MS, GCS

For more information contact Ed Wilbourne at
edw@mediusa.com

See and try the Spinomed III at The Meeks
Method Conference
Sundance Utah

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- Lightweight, low profile, easy to wear
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- Anti-migration straps and silicon beads help keep brace in position
- Approved for code L0456



*Pfeifer et al. Effects of a new spinal orthosis on posture, trunk strength and quality of life in women with postmenopausal osteoporosis. A randomized trial. Am J Phys Med & Rehabil Vol 83 #3 March 2004

- 73% Increase Back Extensor Strength
- 58% Increase Abdominal Strength
- 11% Decrease Thoracic Kyphosis
- 25% Decrease Body Sway
- 7% Increase Vital Capacity
- 38% Decrease in Pain
- 15% Increase in Well-Being
- 27% Decrease in Limitations in ADL's
- Increase in Body Height

SARA SPEAKS

COME PLAY WITH ME!

AND EARN CEU'S AT THE SAME TIME!

See Pages 1, 3, and 4 for details on The Meeks Method Conference

Imagine yourself exalting in the great out-of-doors as you shush down the ski slope, or traverse a gorgeous mountain trail on skis, a snowboard or snowshoes. Then, come "home" to a warm, cozy lodge with friends and colleagues who are on the same "wave length" as you — working to improve the Lives of persons with osteoporosis. Perch by the fire or on a bar stool, sip a glass of wine or other libation as you prepare for another delicious meal either in your own lodge kitchen or at the Sundance restaurant. Do this by yourself or bring your partners and kids to join in the fun.

Start each day with an early morning exercise class, taught with safety and therapeutic intent by people who do this on a regular basis. Continue with a hearty breakfast and then choose from among timely, research-based learning modules that relate to your practice, each short module packed with information you can put into use immediately. Then.....the afternoon is yours to partake of the many activities offered at Sundance. Or, sit by the fireplace with a book you've been longing to have the time to read.

After dinner (on two nights) have an opportunity to hob-nob and brainstorm with fellow practitioners as we plan for the future of The Meeks Method and all that means. Meet new friends and perhaps re-meet some you already know from past seminars or meetings.

Finish out the week by staying at Sundance for a relaxing few days after the conference. Leave renewed and re-invigorated as you set out to take new information and ideas into your personal life and professional practice.

“PEARLS”

FROM THE INTERNATIONAL OSTEOPOROSIS FOUNDATION MEETING IN FLORENCE, ITALY MAY 5-8, 2010

- HORIZONTAL THERAPY (read DECOMPRESSION EXERCISE here) shown to relieve back pain and also significantly reduce compression fracture incidence in patients with osteoporosis.
- From Dr. Dieter Felsenberg (personal communication), the strain of muscle contraction of the erector spinae and also hip abductors and hip extensors will positively affect the thoracic vertebral bodies and also the neck of the femur. (My interpretation is that these muscles exert tensile force within the bone that helps to strengthen the bone.)

AND..... FROM MY VISIT TO DR. CLINTON RUBIN, THE RESEARCHER BEHIND THE NEW MARODYNE VIBRATION PLATFORM (see Page 2)

.....AN ENTIRELY NEW WAY TO VIEW OSTEOPOROSIS.....

- Osteoporosis is NOT a disease of the bone; it is a disease of the bone marrow. It is within the bone marrow that mesenchymal stem cells, driven by mechanical stimuli of low magnitude, differentiate into osteocytes or adipocytes. Call me to discuss...no room for much detail here.

NETWORKING OPPORTUNITY

A Meeks Method-Certified OT/PT team is establishing an Osteoporosis Program in Tupelo, Mississippi. They're looking to network with other therapists that are a team so that they can better serve the osteoporosis population in their area.

Contact Jasmyne Searcy, OTR/L or Jill Bauer, PT at 662-377-7215 or by email at jjsearcy@nmhs.net or EJBauer@nmhs.net

\$100 COUPON

GOOD FOR REGISTRATION AT SELECTED LEVEL 1 SEMINARS — CALL FOR DETAILS

REFRESH YOUR KNOWLEDGE.....GET UP-TO-DATE ON OSTEOPOROSIS MANAGEMENT
INCREASE NETWORKING POSSIBILITIES.....PREPARE FOR CERTIFICATION IN THE MEEKS METHOD

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First Annual Conference on The Meeks Method Putting Principles Into Practice Sundance Resort, Sundance, Utah February 27-March 2, 2011

WALK TALL!-THE MESSAGE
A SHARING FORUM AND NEWSLETTER FOR CLINICIANS

2010-2011 SEMINAR SCHEDULE

SAFE PILATES for Skeletal Health

Sara Meeks
co-teaching
with
Sherri Betz, PT

NEW YORK CITY January 15-16, 2011

2010		LEVEL 1		2011	
Secaucus, NJ	October 16-17	New York City, NY	January 22-23		
Gainesville, FL	October 30-31	Salt Lake City, UT	Feb 25-26**		
Cleveland, OH	November 6-7	Chicago, IL	TBA		
Rochester, MN	December 4-5	Naples, FL	TBA		
		San Diego, CA	June		
		Las Vegas, NV	June		
		Tiffin/Findlay, OH	Oct 22-23		
		Gainesville, FL	TBA		
LEVEL 2		LEVEL 3			
2011		2011			
Miami, FL	July 16-17	Arlington, VA	Sept 17-18		

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FOR HEALTH
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YOGA TEACHERS

Lenox, MA
Nov 15-19, 2010

www.kripalu.org
FOR INFO & TO REGISTER

ONE DAY SEMINAR (8:30—4:30) — BEYOND ANKLE PUMPS AND QUAD SETS

THREE HOUR SEMINAR (5:30—8:30) — FOCUS ON BRACING WITH THE SPINOMED SPINAL ORTHOSIS

Newark NJ October 21, 2010 New York City January 19, 2011 Arlington VA September 15, 2011

Call 888-330-7272 for information and/or to register for either of the above three seminars

CERTIFICATION IN THE MEEKS METHOD LEVEL 1

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