

WALK TALL!-The Message

THE MEEKS INSTITUTE
presents
The Second Annual Conference
on
THE MEEKS METHOD
PUTTING PRINCIPLES
INTO PRACTICE



**TREMONT PLAZA
HOTEL
BALTIMORE MD
MAY 20-23, 2012**



Here we are at the beginning of 2012. Only 4 months until our 2nd Annual Conference on The Meeks Method.

Join us in Baltimore May 20-23, 2012 at the historic and beautiful Tremont

Plaza Hotel for more exciting networking possibilities and cutting-edge presentations including an update on the Management of the Patient with Acute Compression Fracture, the latest on the **Spinomed IV** — Spinal Orthosis for Osteoporosis, Marketing Your Osteoporosis Program and, special to The Meeks Method Conference—The Development of a Clinic-Wide Osteoporosis Program at The Cleveland Clinic (a presentation which is also being made at the Combined Sections Meeting of the APTA in Chicago IL Feb 10, 2012.



Carol M. Davis
DPT, EdD, MS, FAPTA
Professor Emerita
Department Physical Therapy
University of Miami
Miller School of Medicine
Myofascial Release Therapist

PRESENTING

FASCIA & POSTURE
We're Not As
Stuck As We May Think



Ed Wilbourne
Medi USA
INTRODUCING
The Spinomed IV
Spinal Orthosis
for
Osteoporosis

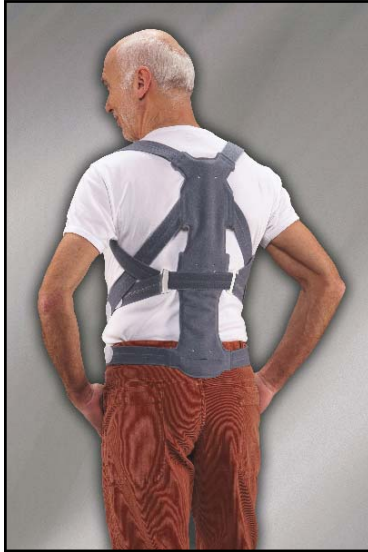
Stay tuned via
www.sarameekspt.com
for Bios and More Info on
keynote and other speakers
at the
2012 Conference

Volume 7 Issue 1
January—June 2012
Expanded
Full-Color
Version Online
www.sarameekspt.com

THE SPINOMED

Spinal Orthosis for Osteoporosis

Better Compliance = Better Outcomes



“THE SINGLE MOST SIGNIFICANT
ADVANCEMENT FOR THE
CONSERVATIVE MANAGEMENT
OF
OSTEOPOROSIS
AND
VERTEBRAL COMPRESSION
FRACTURES
EVER”

SARA MEEKS, PT, MS, GCS

**UP TO 30%
OF
SPINAL COMPRESSION FRACTURES
OCCUR IN MEN**



- 73% Increase Back Extensor Strength
- 58% Increase in Abdominal Strength
- 11% Decrease in Thoracic Kyphosis
- 25% Decrease in 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

*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

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

See and try the Spinomed at
The 2nd Annual
Meeks Method Conference
Tremont Plaza Hotel
Baltimore, MD
May 20-23, 2012

- Clinically proven in a published, peer reviewed, research study to reduce daily pain by 38% and to strengthen back extensors by 73% from baseline measures*
- Lightweight, low profile, easy to wear, inconspicuous, easy to don/doff
- Removable posterior & anterior panels
- Anti-migration straps and silicon beads help keep brace in position
- **Fully Covered by Medicare**
- **Approved for code L0456**



NEW!

ONLINE COURSE
The Physical Therapy Management of Osteoporosis
Focus on Bracing with the Spinomed
with Sara Meeks and Ed Wilbourne
Call SARA MEEKS SEMINARS 888-330-7272 FOR DETAILS

**TAKE
ME
OUT
TO
THE
BALL
GAME!**



**ORIOLES
VS
RED SOX

TUESDAY
MAY 22
7:00 PM**

The Second Annual Conference on The Meeks Method
May 20-23, 2012
Tremont Plaza Hotel & Conference Center
222 St. Paul Place Baltimore MD 21202

REGISTRATION

NAME _____ PT__ PTA__ OT__ COTA__ OTHER (Specify) _____
NICKNAME OR PREFERRED FIRST NAME _____ LICENSE # AND STATE _____
ADDRESS _____ CITY/STATE/ZIP _____
PH (H) _____ (W) _____ EMAIL _____

CONFERENCE FEE: \$225.00 by March 26, 2012 \$275.00 after March 26, 2012

CHECK # _____

VISA__ MC__ DISCOVER__ AMEX__ # _____ EXP DATE _____

TOTAL ENCLOSED OR CREDIT CARD CHARGE \$ _____

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

Hotel Rate \$139.00 per night. Mention Code Meeks12 by April 7 for Conference Rate
Hotel Telephone: 800-873-6668 Monday-Friday 8:00 AM—6:00 PM EST

POLICIES REGARDING REGISTRATION

CONFIRMATION letter and information regarding hotel accommodations will be sent upon receipt of registration form and fee.
CANCELLATION must be received in writing at least 30 days prior to conference date for refund less a \$50.00 transferrable administrative fee for any SARA MEEKS SEMINARS course. After that date, credit will be given toward future seminars.

CERTIFICATION IN THE MEEKS METHOD LEVEL 1

(LEVEL 2 CERTIFICATION COMING IN 2012)

ONLINE AT WWW.SARAMEEKSP.COM

LOG ON

CLICK ON THE CERTIFICATION BUTTON ON LEFT SIDE OF HOME PAGE TO FIND OUT MORE

PO BOX 5577
Gainesville, Florida 32627-5577

**Sara
Meeks**



SEMINARS

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**The Second Annual Conference on The Meeks Method
Putting Principles Into Practice
Baltimore MD May 20-23, 2012**

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

ATTENTION

LEVEL 2 SEMINAR

**CLEVELAND OH
MARCH 10-11, 2012**

SPECIAL COUPON

\$50.00

**OFF ON LEVEL 2
REGISTRATION**

**COUPON
EXPIRES
FEBRUARY 29,
2012**

**888-330-7272
TO REGISTER**

SEMINAR SCHEDULE

**2012
LEVEL 1**

Prescott AZ	Feb 25-26
Jacksonville FL	March 24-25
Philadelphia PA	April 28-29
Baltimore MD	May 18-19
Des Moines IA	June 22-23
Pittsburgh PA	September 8-9
Atlanta GA	September 15-16
Alexandria Bay NY	October 20-21
Raleigh-Durham NC	December 8-9

LEVEL 2

Cleveland OH	March 10-11
Naples FL	November 3-4

**TWO NEW
WORKSHOPS**

**KRIPALU CENTER
FOR YOGA &
HEALTH**

**FOR THE PUBLIC
HEALTH
PROFESSIONALS
AND YOGA TEACHERS
WELCOME**

**HARMONICS IN MOTION
May 11-13, 2012**

**MOUNTAIN IN MOTION
May 13-16, 2012**

LENOX, MA

**www.kripalu.org
FOR INFO & TO REGISTER
1-800-741-7353**

See **Webinar** Info
www.sarameekspt.com

TWO-HOUR (2 CEH) ONLINE COURSE AVAILABLE FEBRUARY 2012

OSTEOPOROSIS: THERE IS SOMETHING YOU CAN DO ABOUT IT!

PRACTICAL APPLICATIONS FOR THE PHYSICAL THERAPY CLINIC

www.sarameekspt.com

Informal "Meet & Greet" Sunday May 20 7:00—9:00 PM Hotel Lounge

BALTIMORE CONFERENCE SCHEDULE — MAY 20-23, 2012

	MONDAY MAY 21	TUESDAY MAY 22	WEDNESDAY MAY 23	
KEYNOTES	6:00 — 7:00 AM YOGA CLASS Kate Keefe	6:00 — 7:00 AM INSIDE OUT EXERCISE Sara Meeks	EXERCISE ON YOUR OWN	<i>TILL WE MEET AGAIN!</i>
CAROL DAVIS DPT, EdD, MS, FAPTA Miami FL	8:30 — 9:00 WELCOME Sara Meeks	9:00 — 11:00 SPINOMED LAB Ed Wilbourne Sara Meeks	9:00 — 9:50 MARKETING OSTEOPOROSIS MANAGEMENT—MOM Deb Gulbrandson April McNaboe	
ED WILBOURNE Medi USA Whitsett NC	9:00—12:00 KEYNOTE FASCIA & POSTURE Carol Davis	11:10 — 12:00 DESIGN/IMPLEMENTATION OF A LARGE, SYSTEM-WIDE OSTEO- POROSIS AND BONE HEALTH REHAB PROGRAM Jennifer Ochi	10:00 — 10:50 MILLION-DOLLAR BONES Penny Shure	
PRESENTERS	Frank Ciuba PT Level 1 Certified Level 3 Trained Harleysville PA	12:00—1:30 LUNCH	11:00 — 12:00 DISCUSSION BREAK	***** <i>Thanks to Medi USA for its support of this Conference</i>
Deb Gulbrandson PT, DPT Level 3 Trained Cary IL	1:30 — 1:50 GET MOVING WITH ZUMBA Deb Gulbrandson	1:30 — 2:20 PATIENT ASSESSMENT Frank Ciuba	12:00 — 1:30 LUNCH	
Caroline Kate Keefe OT Level 1 Certified Level 2 Trained S.A.F.E. Yoga Teacher Portland CT	2:00 — 3:30 KEYNOTE LATEST RESEARCH ON SPINOMED IV Ed Wilbourne	2:30 — 3:20 MANAGEMENT OF THE PATIENT WITH ACUTE COMPRESSION FRACTURE Betsey Newcomb	1:30 — 2:20 MEEKS' "TRAIN THE TRAINER" CERTIFICATION Woody McMahon Julie Pascoe	
April McNaboe PT Level 1 Certified Level 3 Trained Rapid City SD	2:00 — 3:30 KEYNOTE LATEST RESEARCH ON SPINOMED IV Ed Wilbourne	TAKE ME OUT TO THE BALL GAME (On Your Own) Orioles vs Red Sox Tues May 22 @ 7:00 PM Just a short walk from the conference	2:30 — 3:00 WINDUP Sara Meeks	
Sara Meeks, PT Consultations Mentoring Seminars Gainesville FL				
Betsey Newcomb OT Level 1 Certified Level 3 Trained Mirror Lake NH				
Jennifer Ochi, PT Level 1 Certified Level 2 Trained Cleveland OH				
Julie Pascoe Level 1 Certified Level 2 Trained Morgantown WV				
Penny Shure Level 1 Certified Level 2 Trained PMA Pilates Certified Albany NY				
Woody McMahon Level 1 Trained Herndon, VA				



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Phone: 1-888-330-7272



SARA MEEKS SEMINARS

PRESENTS

THE SECOND ANNUAL CONFERENCE ON THE MEEKS METHOD PUTTING PRINCIPLES INTO PRACTICE

We had so much fun and learned so much at the 2011 conference in Sundance Utah that we've decided to do it again!

Join us in Baltimore May 20-23, 2012 at the historic and beautiful Tremont Plaza Hotel for more exciting networking possibilities and cutting-edge presentations. The 2011 conference has spawned

THE MEEKS INSTITUTE

with plans for a new expanded website with information on movement and therapy designed to reach out to the public. In addition, there has been more enthusiasm for networking and certification than ever before.

Conference Registration — Call 888-330-7272

\$225.00 By March 26

\$275.00 After March 26

Meet and Greet in the hotel lounge

Come and join the party!

Sunday evening 7:00—9:00 PM



THE TEAM

Sara Meeks, PT, MS, GCS 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 50 years clinical experience and has specialized in the management of persons with compromised bone health for 27 of those years. A Kripalu Yoga Instructor since 1984, an APTA award-winning clinician, and diagnosed with osteoporosis herself, Sara brings enthusiasm, humor and a distinct sense of mission into her teachings and practice.

With 3 levels of instruction on the physical therapy management of the patient with low bone mass and a certification program in The Meeks Method, Sara and John followed the lead of senior clinicians and held the First Annual Conference on The Meeks Method at Sundance UT in February 2010.

Please consider joining them for 3 days of cutting-edge, evidence and clinical-based seminars by dynamic and forward-thinking clinicians.