

WALK TALL!-The Message

THE MEEKS INSTITUTE

presents

A Special Home-Coming Seminar

in

Alexandria Bay, NY

on the

St. Lawrence River

in the

Heart of the 1000 Islands



Sara is going home again—back to where her journey began where she saw her first patient with known osteoporosis and an acute compression fracture.

Her success with that patient, who returned to her former active lifestyle set Sara on a path that she is still on today—nearly 30 years later.

Join us in Alexandria Bay, NY in the beautiful 1000 Islands on the magnificent St. Lawrence River for this special commemorative seminar. Meet the physician who made the referral. Meet friends and colleagues of Sara's as she returns to "give back" to her hometown community with a special public presentation followed by the Level 1 seminar on the weekend of Oct 20-21.

Situated on the border between the United States and Canada, this area is truly a little piece of Paradise on Earth. Come-view the place where millionaires from the early 20th century built palatial homes and estates.

Visit historic Boldt's Castle on Heart Island — a replica of a castle on the Rhine River partially built by George Boldt, owner of the Waldorf Astoria Hotel in NYC.



**Seminar Venue is
The Edgewood Resort
The above picture is of
Boldt's Castle taken from
The Edgewood.**

Take a short trip across the 1000 Islands Bridge and visit picturesque towns along the Canadian side of the river. You'll sense the cultural differences of the Canadian towns right away as you browse through shops that carry goods from England and other European countries.

Walk on the docks of Alexandria Bay, see the power and majesty of this river, view the beautiful sunsets that occur on a daily basis as you visit Sara's hometown,

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Expanded Full-Color Version Online
www.saramEEKSPt.com



**THE LOST CHANNEL
ON THE ST. LAWRENCE RIVER
HEART OF THE 1000 ISLANDS**

a place that is very similar to when Sara lived there. Sara will be your personal guide and can answer any questions you might have about the area.

!!BREAKING NEWS!!

I am so very proud and honored to announce that the keynote speaker for the 3rd Annual Conference on The Meeks Method Minneapolis MN May 20-22, 2013 will be

Kathy Shipp, PT, MHS, PhD

Assistant Professor
Division of Physical Therapy
Dept Community & Family Medicine
Senior Fellow, Center for the Study of Aging and Human Development
Duke University

Presenting from her extensive background in research on the management of patients with osteoporosis.

How Do We Know We're Making A Difference?

SPECIAL SEMINAR REFRESHER COUPON

Took Level 1 too long ago to remember? Just want a refresher? Here's your chance.

\$100.00 off on seminar in Alexandria Bay NY

Available only to those who took Level 1 previously Telephone Registration Only

Call toll-free 888-330-7272 to register

THE SPINOMED

Spinal Orthosis for Osteoporosis

Better Compliance = Better Outcomes



Mr. Ed Wilbourne
Orthopedic Manager of Medi USA

Wearing the Spinomed 2 hours per day for 6 months resulted in:

- 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

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

SARA MEEKS, PT, MS, GCS

**DID YOU KNOW THAT
UP TO 30%
OF
SPINAL COMPRESSION FRACTURES
OCCUR IN MEN
AND
UP TO 80% OF ALL SPINAL
COMPRESSION FRACTURES
ARE SILENT?**

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

See and try the Spinomed at the
Homecoming Seminar
Edgewood Resort
Alexandria Bay NY
October 20-21, 2012

The 3rd Annual
Meeks Method Conference
Minneapolis MN
May 20-22, 2013

**And at any
SARA MEEKS SEMINARS
Seminar Location**



**The Sleek,
Newly-Designed
SPINOMED IV**

- 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

COMING SOON!

medi

SARA SPEAKS

NETWORKING OPPORTUNITY!

I have a firm belief that any exercise form can be made safer and more therapeutic for people with bone health issues and I want people to be able to do what they LIKE to do. Joyce Vazquez, PT in Ohio is interested in working on a project regarding making Curves safer for people with osteoporosis. If you'd be interested in networking with Joyce on this project, contact her at jvazquez@ccf.org.

AND NOW, CONSIDER THIS!

According to statistics from NIH, 70-80% of vertebral compression fractures are silent—that is, people do not feel them and they are frequently picked up only incidentally when someone has an X-ray for another reason. Nevertheless, due to changes in alignment and body height, these silent fractures can interfere with heart, lung and other internal organ function. How then, can therapists continue to say that it is ok to ask someone to bend over and pick up an object from the floor so they can see how people move? All a therapist has to do is observe how they move, not ask them to do a risky movement during assessment or treatment. Consider a pre-assessment questionnaire to determine risk before asking a patient to do something that may cause a silent, yet devastating injury that may cause more problems in the future. Silent fractures can lead to the Vertebral Fracture Cascade, an event that can occur when, as a person stands up out of bed, he/she sustains several compression fractures and loses height in the process. This event was probably preceded by silent fractures that had occurred over previous months and even years without the person knowing it.

THE BALTIMORE CONFERENCE ON THE MEEKS METHOD

Brought Excitement and High Energy

Carol Davis' Presentation

was especially riveting regarding the neuromyofascial web



NOT TO BE MISSED PLAN AHEAD

3rd Annual Conference on
The Meeks Method
May 20-22, 2013

Keynote Speaker
Kathy Shipp, PT, MHS, PhD
**How Do We Know We're
Making A Difference?**

Sheraton Minneapolis West Hotel
12201 Ridgedale Drive
Minnetonka, MN
MALL OF AMERICA NEARBY



“The variety of content.....amazing
I have gained much confidence”

Participant, Baltimore Conference

CERTIFICATION IN MEEKS METHOD I

ONLINE AT WWW.SARAMEEKSP.T.COM

CLICK ON THE CERTIFICATION BUTTON ON LEFT SIDE OF HOME PAGE TO FIND OUT MORE
[CERTIFICATION MEEKS METHOD II COMING BY END OF 2012](#)

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Special Home-Coming Seminar with Sara Meeks
Alexandria Bay NY October 20-21, 2012
In The HEART of the 1000 ISLANDS

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

ATTENTION

**LEVEL 2 SEMINAR
PRESCOTT AZ**

March 23-24, 2012

Register

"Sooner Not Later"
The Naples Course
In November Filled
to Capacity



**S.A.F.E.
Yoga
For
Skeletal
Health**

KRIPALU CENTER FOR
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A Workshop For The Public
Yoga Teachers/Health
Professionals Welcome
May 12-17, 2013

SEMINAR SCHEDULE

2012

LEVEL 1

Alexandria Bay NY October 20-21
Boston (Mattapan) MA December 1-2

2013

LEVEL 1

San Diego CA January 26-27
New York City, NY February 23-24
Columbus OH March 2-3
Minneapolis MN April 5-6
Chicago IL April 13-14
Secaucus NJ June 15-16
New London CT June 21-22

LEVEL 2

Prescott AZ March 23-24

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See

Webinar

Info

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