

WALK TALL!-The Message

THE MEEKS INSTITUTE

Presents

The 3rd Annual Conference Putting Principles Into Practice in

MINNEAPOLIS MN

May 20-22, 2013

Volume 8 Issue 1
January-June 2013
Full-Color Version Online
www.sarameeksppt.com



Building on the high energy of passionate and committed practitioners of The Meeks Method, we are pleased

to announce plans for our

**3rd Annual Conference
The Meeks Method
Putting Principles Into Practice.**

Once again, practitioners from all over the country, and some from Canada, will gather together for three (3) days of exciting, cutting-edge presentations by enthusiastic, committed therapists and trainers on the subject of management of the patient/client with osteoporosis.

Come and experience for yourself what dedication and passion looks and feels like as you join us for a key-note presentation by a lead therapist and researcher in the field of bone health:

Kathy Shipp PT MHS PhD GCS

Experience an in-depth lab session on the fitting and use of the new Spinomed IV Spinal Orthosis for Osteoporosis.

Stand on the new Marodyne LivMD tablet, feel the gentle vibration of a safe G-Force which has been shown to stimulate the bones. Hear what it can do for you and your practice. Dance to modified Zumba. Wake up to early morning Yoga and Pilates classes. Socialize with us for a fabulous dinner on Monday night. Have fun with us in a social event planned for Tuesday night. Network with peers whose professional lives have changed since beginning The Meeks Method.

!!KEYNOTE SPEAKER!!

I am so very proud and honored to announce that the keynote speaker for the 3rd Annual Conference will be:

Kathy Shipp

(See next column and Page 3 for more details on Kathy and her background)



Kathy Shipp, PT, MHS, PhD, GCS

**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 and
clinical practice on the manage-
ment of patients with
osteoporosis.**

**Evidence: Creating It,
Critiquing It, and Using It
To Benefit Your Patients**

**ANNOUNCING A SPECIAL 3-DAY SEMINAR
in MINNEAPOLIS MN April 5-7, 2013**

**LEVEL 1 SEMINAR followed by an Optional 1-Day Seminar on
Advanced Exercise and Movement**

**1-Day Seminar open only to those who have completed Level 1
Call SARA MEEKS SEMINARS 888-330-7272 for details**

SPECIAL SEMINAR REFRESHER COUPON

Get Up To Date With Sara!..... Here's your chance

\$100.00 off on any Level 1 Seminar

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

Call toll-free 888-330-7272 to register Coupon valid for any on-site seminar 2013

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

And at any
**SARA MEEKS SEMINARS
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

**AVAILABLE
NOW!**



Medi USA announces its new online educational program, **“Spinomed® Introduction, Fitting and Application”** has been awarded 1.5 CEUs by the American Board of Certification (ABC) and is offered **free of charge** to healthcare providers.

In the first section of the program, **Sara Meeks, PT** presents Physical Therapy Management of Osteoporosis and Bracing with the Spinomed®. Sara is known and respected around the world for her work and efforts to teach safe and effective rehabilitation treatment methods for the care of people with osteoporosis.

The second section of the program features **Ed Wilbourne** who covers the research, features and benefits, fitting and application of the new Spinomed® IV Spinal Orthosis for Osteoporosis, provided by MediUSA, a leading global player in the healthcare market.

To take this online program — spinomed@mediusa.com — to request an application

KEY NOTE ADDRESS



KATHY SHIPP PT, MHS, PHD, GCS

- ◇ Clinician, Clinical Scientist, Educator, Mentor
- ◇ Recognized for her expertise in Exercise & Bone Health/Osteoporosis and the Rehabilitation of individuals after vertebral fracture
- ◇ Author of many papers and book chapters on physical therapy management of osteoporosis
- ◇ International presenter
- ◇ Education includes a BA in Sociology, BS in Physical Therapy, PhD in Epidemiology, and MHS in Biometry
- ◇ Awards and Honors Include
 - NOF Scientific Advisory Council 2001-present
 - Chair NOF Exercise & Rehabilitation Advisory Council 2012-present
 - Young Investigator Award ASBMR 2002
 - Senior Fellow, Center for Aging and Human Development, Duke University, 1993-present

Plus, she is one of the smartest, fairest, most objective, and clear-thinking Physical Therapists I have ever met. I'm proud to be her friend and colleague as we work together for the benefit of people with, and at risk for, osteoporosis.

SARA SPEAKS MY GRATITUDE AND THANKS

This year, as I plan for our 3rd Annual Conference, I would like to extend my most humble and heart-felt thanks to all of those dedicated and passionate practitioners of The Meeks Method who make this possible. Words cannot adequately express my feelings around the volunteers who come, at their own expense, to participate in this event which has launched so many ideas for management of the people who come to us for help. I am most truly grateful for this energy and thank you all from the bottom of my heart.

Here's to another exciting cutting-edge conference!

THOUGHTS TO PONDER

According to worldwide statistics, more fractures occur in people with osteopenia and normal bone than in those with osteoporosis. Why then do we persist in thinking that a person with osteoporosis has a more serious condition? And that, if people have been diagnosed with osteopenia or normal bone, we can give them exercises that we would not give to a person with osteoporosis thinking that they will be safer?

Perhaps, if we considered the forces on the bones in ALL of our patients, we could create more safety and better outcomes for everyone we see.

REGISTRATION

BY PHONE OR MAIL ONLY

Phone toll-free at 888-330-7272

MAIL

SARA MEEKS SEMINARS P.O. Box 5577 Gainesville, FL

"The variety of content.....amazing. I have gained much confidence"
Participant, Baltimore Conference

NAME _____ PT___ PTA___ OT___ COTA___ OTHER (Specify)_____

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ADDRESS _____ CITY/STATE/ZIP _____

PH (H) _____ (W) _____ EMAIL _____

CONFERENCE FEE: \$225.00 by March 25, 2013 \$275.00 after March 25, 2013

CANCELLATION must be received in writing (email or letter) at least two (2) weeks prior to the conference date for refund of conference fee minus a \$50.00 administrative fee. The \$50.00 fee can be used as a credit toward a future seminar or conference sponsored by SARA MEEKS SEMINARS.

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CERTIFICATION IN MEEKS METHOD I

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ANNOUNCING! The 3rd Annual Conference The Meeks Method—Putting Principles Into Practice May 20-22, 2013 Minneapolis MN

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

ATTENTION
LEVEL 2 SEMINAR
PRESCOTT AZ
March 23-24, 2013

**Four (4) Spots Left
in Prescott
Register**

"Sooner Not Later"
**The last Level 2
course Filled to
capacity with
a wait list
2 months early**

****3-DAY SEMINAR**

Level 1 followed by an
optional 1-Day seminar on
Advanced Exercise.

Open only to those who have
completed Level 1.

SEMINAR SCHEDULE

2013

LEVEL 1

San Diego CA	January 26-27
Tucson AZ	February 9-10
Columbus OH	March 2-3
Minneapolis MN**	April 5-6
Rockford IL	April 13-14
Honolulu HI	May 4-5
Secaucus NJ	June 15-16
New London CT	June 21-22
New York City NY	September 7-8
New Orleans LA	November 9-10

LEVEL 2

Prescott AZ March 23-24

S.A.F.E.

Yoga For
Skeletal Health



**KRIPALU CENTER FOR
YOGA & HEALTH**
A Workshop For The Public
Yoga Teachers/Health
Professionals Welcome
May 12-17, 2013
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See
Webinar

Info
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